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A RESOURCE GUIDE OF SERVICES FOR SENIORS IN SAN FRANCISCO

Prepared by:

City and County of San Francisco

Department of Public Health

Office of Senior Information,

Referral and Health Promotion

DOCUMENTS DEPT.

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A RESOURCE GUIDE OF SERVICES

FOR

SENIORS IN SAN FRANCISCO

1988

The Office of Senior Information, Referral and Health Promotion of the San Francisco Department of Public Health has produced the 1988 edition of the Resource Guide of Services for Seniors in San Francisco.

This guide is designed to provide resource information for professionals working with the elderly in San Francisco. While an attempt has been made to list the most frequently used agencies, inclusion or exclusion of any agency or organization does not imply an endoresment or disapproval of the programs or services.

Special thanks for this edition goes to Maren Larson of United Way of San Francisco, Terry Keith of Mount Zion Hospital and Medical Center and Jack McKay of Support Services for Elders for their wise advice and insightful consultation. This edition could not have been accomplished without the care and dedication of the coordinator, Beverly Johnson, the computer skills of Jovita Martinez, Reiko Kubota and Bob Siteman, and the support and back-up of the entire staff of the Office of Senior Information, Referral and Health Promotion.

If there are any additions or corrections with this edition of the Resource Guide, please contact Beverly Johnson at the Office of Senior Information, Referral and Health Promotion, 1182 Market Street - Room 320, San Francisco, California 94102. Telephone (415) 626-1033. We also welcome your ideas and suggestions for future editions.

2 46529 SFPL : ECONO JRS
118 SFPL 07/06/01 68

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DEFINITIONS USED IN THIS DIRECTORY

ADULT DAY HEALTH CARE CENTERS (ADHC):

Licensed and Medi-Cal reimbursable agencies which provide medical and rehabilitative services. There are seven programs in San Francisco for those living within designated service areas.

HEALTH MAINTENANCE ORGANIZATON:

An organization that provides or assures the delivery of an agreed upon set of Health Services for an enrolled group of persons under a pre-paid amount.

SENIOR CENTERS:

Range from Park and Recreational clubs which meet once a week (see listings, pages 78 through 102) to 7-day-a-week multipurpose centers which provide meals, recreation and health monitoring, primarily for independent, well-functioning individuals.

SOCIAL DAY CARE:

Centers which serve as interim care for clients who do not need Adult Day health care but are not able to participate in a Senior Center.

* An asterisk indicates that there is a full-page description, listed alphabetically, in the White Pages.

ADULT DAY HEALTH CARE CENTERS

* BAYVIEW HUNTER'S POINT 826-4774
  1250 LaSalle
  San Francisco, CA 94124
  Cathy Koechlin, Director
  Weekdays
  Serves Bayview-Hunter's Point, Sunnydale, Potrero Hill areas.

* LAGUNA HONDA HOSPITAL ADULT DAY HEALTH CARE CENTER 664-1580
  375 Laguna Honda Blvd.
  San Francisco, CA 94116
  Weekdays, 9:00 to 3:00
  Linda Karpawich, Director, Pat Devine, Contact
  Outer Richmond, Sunset, Park Merced areas served.

* NORTH & SOUTH OF MARKET ADULT DAY HEALTH CORPORATION 776-1924
  653 Geary Street
  San Francisco, CA 94102
  Monday to Friday, 10:00 to 3:00
  Marilyn Beffort, Director
  Contact: Catherine Chodorow/Marcia Christian
  Serves North and South of Market areas.

* ON LOK HEALTH SERVICE DAY CARE CENTER (for frail elderly) 989-2578
  1441 Powell Street
  San Francisco, CA 94133
  Merle Espaldon, Contact Person
  7 days a week, 8 - 4:30

* RUTH ANN ROSENBERG ADULT DAY HEALTH CENTER 885-7586
  Mount Zion Hospital & Medical Center
  1675 Scott Street
  San Francisco, CA 94115
  Barbara Penney, Director
  Therapy program for people who need care
  just short of nursing home.
  10:00 - 3:00; provide transportation.

* ST. MARY'S ADULT DAY HEALTH CARE/CATHOLIC CHARITIES 334-4000
  35 Onondaga (off Mission, between Geneva & Ocean)
  San Francisco, CA 94112
  John Daw, Director, Contact: Coleman Wong, Social Worker
  Serves Southern San Francisco, Outer Mission, Visitacion
  Valley, and Ingleside districts.

ADULT DAY HEALTH CARE CENTERS

* THIRTIETH (30TH) STREET SENIOR SERVICES ADULT DAY HEALTH CARE
  (formerly SF HOME HEALTH SERVICE ADULT DAY HEALTH CARE) 285-5615
  225 30th Street
  San Francisco, CA 94131
  Maxine Mallouf, MSW, Director
  Veronica Rodriguez, MSW, Contact
  7 days a week
  Serves Mission, Bernal Heights, Noe, Eureka, Potrero
  Diamond Heights, and Glen Park Districts.

ALL OF THE S.F. ADULT DAY HEALTH SERVICES AREAS PROVIDE OUT OF HOME DAY TIME RESPITE CARE.

ADULT SOCIAL DAY CARE

Most sites with the exception of Kimochi and Noriega utilize Adult Social Day Care services as a passthrough for clients from senior center programs needing supervised care.

Jewish Home for the Aged 302 Silver Avenue San Francisco, CA 94112	334-2500
Kimochi, Inc. 1581 Webster Street #10 San Francisco, CA 94115	931-2294
Laguna Honda 375 Laguna Honda Blvd. San Francisco, CA 94116	664-1580
Montefiore (3 times a week) 3200 California Street San Francisco, CA 94118	346-6040
Mt. Zion 1600 Divisadero Street San Francisco, CA 94115	885-7572
Noriega (4 days a week, Tues thru Friday) 3601 Noriega San Francisco, CA 94122	665-6844
North of Market Multipurpose Senior Services 333 Turk Street San Francisco, CA 94102	885-2274
Recreation Center for the Handicapped 207 Skyline Blvd. San Francisco, CA 94132	665-4100

ADVOCACY

BAY AREA ADVOCATES FOR NURSING HOME REFORM 474-5171
1610 Bush Street
San Francisco, CA 94109

BETTER BUSINESS BUREAU 775-3300
CALIFORNIA CONSUMER HEALTH COALITION
2740 Van Ness Avenue
San Francisco, CA 94109

* CALIFORNIA LEGISLATIVE COUNCIL FOR OLDER AMERICANS 771-0226
330 Ellis, Room 611
San Francisco, CA 94102

* CASE (COALITION OF AGENCIES SERVING THE ELDERLY) 626-1033
1182 Market Street, Room 320
San Francisco, CA 94102

* CATHOLIC COMMITTEE FOR THE AGING 558-7190
1049 Market Street
San Francisco, CA 94103

COMMUNITY CARE FACILITIES 800 - 422-5669
HOTLINE (Group Home Complaints)

CONGRESS OF CALIFORNIA SENIORS (916) 442-4474
1010 11th Street, Suite 204
Sacramento, CA 95814

* CONSORTIUM FOR ELDER ABUSE PREVENTION 885-7590
2356 Sutter Street, 2nd Floor Pavilion
San Francisco, CA 94115

* CONSUMER ACTION 777-9635
693 Mission Street #403
San Francisco, CA 94105

* CONSUMER ENVIRONMENTAL PROTECTION UNIT 553-1814
732 Brannan Street
San Francisco, CA 94103

* GLIDE SENIOR NETWORK 771-0226
330 Ellis
San Francisco, CA 94102

ADVOCACY

*	GRAY PANTHERS 325 9th Street San Francisco, CA 94103		552-8800
	KCBS - Call for Action (For Agency Use) only One Embarcadero Center San Francisco, CA 94111	Public Agency	478-3300 765-4096
*	OLDER WOMEN'S LEAGUE 601 Dolores Street San Francisco, CA 94110		550-1660
*	OMBUDSMAN (Long Term Care) Family Service Agency of San Francisco 916 Eddy (Mailing: 1010 Gough) San Francisco, CA 94109		474-8757
*	PATIENTS' RIGHTS ADVOCACY SERVICES (PRAS) 2325 3rd Street, #422 San Francisco, CA 94107		552-8100
	SAN FRANCISCO ASSOCIATION OF RESIDENTIAL CARE HOMES, INC. 110 Vale Ave San Francisco, CA 94132 Pat Nobis, Director		387-3292
*	SAN FRANCISCO COMMISSION ON THE AGING 25 Van Ness #650 San Francisco, CA 94102	Adm. Office:	864-6051
*	SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH SENIOR INFORMATION, REFERRAL & HEALTH PROMOTION 1182 Market Street, Room 320 San Francisco, CA 94102		626-1033
*	SAN FRANCISCO TENANTS' UNION 558 Capp Street San Francisco, CA 94110		282-6622

ALCOHOLISM & SUBSTANCE ABUSE

*	ALCOHOLICS ANONYMOUS 1046 Irving Street San Francisco, CA 94122	661-1828
*	AL-ANON 50 Oak, Room 505 San Francisco, CA 94102	626-5633
	ALCOHOLIC EVALUATION & TREATMENT CENTER San Francisco General Hospital Tom Smith, Substance Abuse Program 1001 Potrero, Ward 23, Bldg. 20 San Francisco, CA 94110	821-8091
	BRIDGEWAY PROJECT Residential Facility for Men and Women Salvation Army (No self-Referral) 242 Turk Street San Francisco, CA 94102	441-8277
*	COMMUNITY SUBSTANCE ABUSE SERVICE 170 Fell, Room 25 San Francisco, CA 94102	558-2356
*	DRUG LINE (SF Suicide Prevention, Inc.) 3940 Geary Blvd. San Francisco, CA 94118	752-3400
*	FRIENDSHIP CENTER 711 Eddy San Francisco, CA 94109	775-5052
*	GOLDEN GATE FOR SENIORS 637 South Van Ness San Francisco, CA 94110	626-7553

ALCOHOLISM & SUBSTANCE ABUSE (continued)

* HARBOR LIGHTS 1275 Harrison San Francisco, CA 94103	Alcohol/Residence: Alcohol/Detox:	864-7000 626-2063
* HARRIET STREET CENTER FOR ALCOHOLISM 444 6th Street San Francisco, CA 94103		863-3250
* LATINO FAMILY ALCOHOLISM CENTER 3690 18th Street San Francisco, CA 94110		864-4600
MOBILE ASSISTANCE PATROL (MAP) 2940 16th Street San Francisco, CA 94103		431-7400
NARCOTICS ANONYMOUS		621-8600
NATIONAL COUNCIL ON ALCOHOLISM 1049 Market Street Room 507 San Francisco, CA 94103		861-4000
* NIGHT MINISTRY (SFCC) 432 Mason San Francisco, CA 94102		986-1464
* NORTH OF MARKET SENIOR ALCOHOL PROGRAM 333 Turk Street San Francisco, CA 94102		885-2274
* OZANAN 1175 Howard Street San Francisco, 94103		621-6471
* PACIFIC PRESBYTERIAN RECOVERY CENTER (Chem. Dependency Service) 2750 Geary Blvd. San Francisco, CA 94118		921-7777

ALCOHOLISM & SUBSTANCE ABUSE (continued)

	SALVATION ARMY DETOX 1255 Harrison Street San Francisco, CA 94103	626-2063
*	SALVATION ARMY ADULT REHABILITATION CENTER 1500 Valencia Street San Francisco, CA 94110	695-8000
*	SETON MEDICAL CENTER CARE UNIT (Inpatient Detox Program) 1900 Sullivan Daly City, CA 94015	991-6660
*	SR_X - SENIORS MEDICATION EDUCATION PROGRAM 1182 Market Street, Room 204 San Francisco, CA 94102	558-3767
*	SHARE - FRENCH HOSPITAL 4131 Geary Blvd. San Francisco, CA 94118	386-1212
*	SUBSTANCE ABUSE TREATMENT PROGRAM Veterans Administration Medical Center 4150 Clement San Francisco, CA 94121	750-2050

EDUCATIONAL OPPORTUNITIES

*	AMERICAN RED CROSS 1550 Sutter Street San Francisco, CA 94109	776-1500
*	ARTWORKS at MT. ZION (S.F. Institute on Aging) 1600 Divisadero Street P.O. Box 7921 San Francisco, CA 94115	885-7586
*	CENTER FOR LEARNING IN RETIREMENT (CLIR) U.C. Extension 55 Laguna Street San Francisco, CA 94102	863-4518
*	COMMUNITY MUSIC CENTER 544 Capp Street San Francisco, CA 94102	647-6015
	COMMUNITY MUSIC CENTER - Richmond Branch 741 30th Avenue San Francisco, CA 94121	221-4515
	FEEDBACK PRODUCTIONS, INC. Tale Spinners Fort Mason San Francisco, CA 94123	776-8477
	FORT MASON BOOKING GUIDE (To reserve conference space) Building A Laguna and Marina Blvd.	441-5706
*	FROMM INSTITUTE FOR LIFELONG LEARNING University of San Francisco, Room 538 2130 Fulton Street -Ignatius Heights San Francisco, CA 94117	666-6805 666-6320
*	GLIDE SENIOR ACTION CENTER 330 Ellis Street #611 San Francisco, CA 94102	771-0226

EDUCATIONAL OPPORTUNITIES (continued)

*	GRAY PANTHERS 325 9th Street San Francisco, CA 94103	552-8800
	LEAGUE OF WOMEN VOTERS 620 Sutter Street, #321 San Francisco, CA 94102	775-8683
	MISSION LANGUAGE & VOCATIONAL SCHOOL 2929 19th Street San Francisco, CA 94110	648-5220
*	PLANETREE HEALTH RESOURCE CENTER 2040 Webster San Francisco, CA 94115	923-3680
	SAN FRANCISCO ADULT LITERACY CENTER 8ox 15508 San Francisco, CA 94115	621-8606
*	SAN FRANCISCO COMMUNITY COLLEGE DISTRICT Mission Community College Center - Adult Division 106 8artlett Street San Francisco, CA 94110	648-5866
	SAN FRANCISCO PU8LIC LIBRARY	558-3191/TTY-864-1112
	SAN FRANCISCO LI8RARY ON WHEELS	558-2736
	SAN FRANCISCO S.A.F.E., INC. (crime prevention) 850 8ryant Street, #553 San Francisco, CA 94103	673-7233
*	SAN FRANCISCO STATE UNIVERSITY (Urban Elders Program) Continuing Education Program Applied Gerontology Certificate Program 20 Tapia Dr. San Francisco, CA 94132	338-1684

EDUCATIONAL OPPORTUNITIES (continued)

*	SENIOR INFORMATION, REFERRAL & HEALTH PROMOTION 1182 Market Street, Suite 320 San Francisco, CA 94102	626-1033
*	SOUTHEAST COMMUNITY COLLEGE CENTER (formerly S.F.C.C. Skills Center) 1800 Oakdale Avenue San Francisco, CA 94124	550-3100 X135

EMERGENCY NUMBERS

	For ALL EMERGENCIES, call	911
	ADULT PROTECTIVE SERVICES (S.F. Dept. of Social Services)	557-5251
	AMBULANCE	431-2800
*	CASA DE LAS MADRES (Battered Women)	469-7637
	CENTRAL EMERGENCY AID STATION 50 Ivy Street San Francisco, CA 94102	558-5432
	DRUG LINE	752-3400
	FIRE	861-8020
	MENTAL HEALTH INFO/REFERRAL	387-5100
*	NIGHT MINISTRY (10 pm - 4 am)	986-1464
	PACIFIC GAS & ELECTRIC CO. (Customer Service Dept.)	981-3232
	POLICE	553-0123
*	POISON CONTROL CENTER	476-6600
	SPCA (animal welfare agency)	Shelter for strays, pickup: 554-3000 Medical care: 554-3030
*	SUICIDE PREVENTION	221-1423

EMPLOYMENT

*	ALUMNI RESOURCES 660 Mission Street, San Francisco, CA 94105	546-7220
*	ARRIBA JUNTOS CENTER 2017 Mission Street, 2nd Floor San Francisco, CA 94110	863-9307
*	CALIFORNIA ABLE 870 Market Street, Suite 352 San Francisco, CA 94102	391-5030
*	CIVIL SERVICE COMMISSION, SAN FRANCISCO 646 Van Ness Avenue San Francisco, CA 94102	558-4495
*	ECONOMIC OPPORTUNITY COUNCIL 70 10th Street San Francisco, CA 94103	863-2121 X306
*	EMPLOYMENT DEVELOPMENT DEPT. (State of Calfornia) 801 Turk St. San Francisco, CA 94103 Casual labor: 557-1217, 557-1237	557-3038
*	EXPERIENCE PLUS 1453 Mission Street, 5th Floor San Francisco, CA 94103	861-1756
*	FOSTER GRANDPARENT PROGRAM - FSA 1010 Gough Street San Francisco, CA 94109	474-7310 X216
*	GLIDE SENIOR NETWORK 330 Ellis Street, Room 611 San Francisco, CA 94102	771-0226
	GOODWILL INDUSTRIES OF SAN FRANCISCO 980 Howard Street San Francisco, CA 94103	362-0778
*	JEWISH VOCATIONAL & CAREER COUNSELING SERVICE 870 Market Street, Room 872 San Francisco, CA 94102	391-3595

*	OPTIONS FOR WOMEN OVER 40 3543 18th Street San Francisco, CA 94110	431-6405 431-6944
*	RETIREES EMPLOYMENT PROGRAM, UCSF 1350 7th Avenue San Francisco, CA 94143	476-2715 1645
*	ST. ANTHONY EMPLOYMENT SERVICE 55 Jones San Francisco, CA 94102	431-7351
*	SAN FRANCISCO SENIOR CENTER 890 Beach Street San Francisco, CA 94109	775-1866
*	SCORE (SERVICE CORPS FOR RETIRED EXECUTIVES) 211 Main Street San Francisco, CA 94105	974-0599
*	SELF-HELP FOR THE ELDERLY 640 Pine Street San Francisco, CA 94108	982-9171
*	SENIOR COMPANIONS 1010 Gough Street San Francisco, CA 94109	474-7310
*	SOUTHEAST COMMUNITY COLLEGE CENTER Formerly S.F. Community College Skills Center 1800 Oakdale Avenue San Francisco, CA 94124	550-3100 X135
	TEMPORARIES, INC. 44 Montgomery Suite 650 San Francisco, CA 94104	956-0600
	VETERANS ADMINISTRATION - Employment 211 Main Street, Room 100 San Francisco, CA 94105	974-0304 Information: 495-8900

FINANCIAL MANAGEMENT AND RESOURCES

	C.E.R.F. - CODE ENFORCEMENT AND REHABILITATION LOAN PROGRAM	558-4505
*	CONSUMER CREDIT COUNSELORS OF SAN FRANCISCO & PENINSULA 1275 Market St. San Francisco, CA 94103	431-0510
*	E.O.C. Energy Assistance and Free Weatherization Program	641-1821
*	F.R.A.I.L. (FINANCIAL RESOURCES ASSISTING INDEPENDENT LIVING) P.O.Box 11833 San Francisco, CA 94101	558-2256
	HEAP (Home Energy Assistance Program)	1-800-433-4327
	HOME EQUITY CONVERSION (See Independent Living Center)	751-8765
	HOUSING CONSERVATION & DEVELOPMENT CORPORATION 1637 Ocean Avenue San Francisco, CA 94112	586-8000
*	INCOME RIGHTS PROJECT 251 Eddy Street San Francisco, CA 94102	776-3255
	PACIFIC GAS AND ELECTRIC (Help with customer's bill) Steve Machado	972-3352
	PUBLIC GUARDIAN (see S.F.)	558-4161

FINANCIAL MANAGEMENT AND RESOURCES

SAN FRANCISCO DEPT. OF SOCIAL SERVICES
170 Otis Street
San Francisco, CA 94103

General Info: 557-5251
Food Stamps: 557-5718
Medi-Cal: 863-9892
General Assistance Info: 864-0948

San Francisco Public Guardian — 558-4161
1212 Market Street
San Francisco, CA 94102

* SENIOR ADVISORY GROUP — 922-4333
3150 California Street
San Francisco, CA 94115

* SENIOR RESOURCES — 753-2405, 753-2406
1750 29th Avenue
San Francisco, CA 94122

SOCIAL SECURITY OFFICES — 556-0165

Chinatown
560 Kearny Street
San Francisco, CA 94108
(Serves zip codes: 08, 11, 33)

Sutter Street — 556-9755
1355 Sutter Street
San Francisco, CA 94109
(Serves zip codes: 02, 03, 04, 05, 09, 19, 20, 21, 23, 29, 30,39

(Social Security listing continued on next page)

FINANCIAL RESOURCES

SOCIAL SECURITY OFFICES:

Western Addition 1825 Post Street San Francisco, CA 94115 (Serves zip codes 15, 17, 18)	556-8000
Inner Mission 2601 Mission St. San Francisco, CA 94110 (Serves zip codes 07, 10, 14)	556-6365
Hunter's Point 5815 3rd Street San Francisco, CA 94124 (Serves zip codes 24, 34, 35)	556-0160
Outer Mission 4377 Mission Street San Francisco, CA 94112 (Serves 12)	556-1935
Parkside 401 Taraval San Francisco, CA 94116 (Serves zip codes 16, 22, 27, 31, 32)	556-8923
* SUPPORT SERVICES FOR ELDERS, INC. 1453 Mission Street San Francisco, CA 94103	552-6776
* TRAVELER'S AID SOCIETY OF SAN FRANCISCO 38 Mason Street San Francisco, CA 94102	781-6738
* VETERANS ADMINISTRATION 211 Main Street San Francisco, CA 94105	495-8900

FOOD

Congregate meals--for information and a list of sites:
SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION 626-1033
Meals are ethnically oriented.

* CLEARINGHOUSE FOR HOME DELIVERED MEALS 776-1728
1290 Sutter Street
San Francisco, CA 94109

FOOD STAMP PROGRAM 558-1248
1440 Harrison Street
San Francisco, CA 94103

* THE GROUP (Emergency food & clothing) 861-6840
457 Haight Street
San Francisco, CA 94117

* MARTIN DE PORRES (Free food) 552-0240
225 Potrero
San Francisco, CA 94103

* MEALS ON WHEELS OF SAN FRANCISCO 474-4646
1290 Sutter #9
San Francisco, CA 94109

* ST. ANTHONY'S DINING ROOM 552-3838
121 Golden Gate Avenue
San Francisco, CA 94102

* ST. FRANCIS MEAL SERVICE 392-7463
First Congregational Church
432 Mason
San Francisco, CA 94102

* SALVATION ARMY SENIOR NUTRITION (18 sites) Information: 777-2677
360 4th Street
San Francisco, CA 94107

* SAN FRANCISCO GROCERY EXPRESS Home Delivery: 641-5400
Administrative Office: 641-5460

FOOD

S.F. Food Bank 957-1076
333 Illinois Street
San Francisco, CA 94107

* SERVICES FOR SENIORS, INC. 922-5438
1500 Laguna Blvd.
San Francisco, CA 94115

S.H.A.R.E. 467-2506
(Self-help and Resource Exchange) A food Package
(American Friends)
2540 Newhall Street
San Francisco, CA 94124
(Call SHARE to find where you can
register for the food package)

UNIVERSITY OF CALIFORNIA 586-4115
Cooperative Extension
P.O. Box 34066
San Francisco, CA 94134
(Provides Nutrition Education only)

GERIATRIC CASE MANAGEMENT SERVICES IN SAN FRANCISCO

* BAYVIEW-HUNTER'S POINT — 822-1444
  Multipurpose Senior Center
  1706 Yosemite
  San Francisco, CA 94124

* CATHOLIC CHARITIES — 864-7400
  1049 Market Street
  San Francisco, CA 94103

* DEPARTMENT OF PUBLIC HEALTH (District Health Centers)

  Health Center #1 — 558-3905
  3850 - 17th Street
  San Francisco, CA 94114
  Includes the following districts:
  (Castro, Diamond Hts., Eureka Valley, Noe Valley
  Glen Park, Mission, Potrero Hill, Twin Peaks, Miraloma)

  Health Center #2 — 558-3256
  1301 Pierce Street
  San Francisco, CA 94115
  Includes the following districts:
  (Inner Richmond, Western Addition, Haight, Hayes Valley
  Marina, Pacific Hts., Presidio)

  Health Center #3 — 468-3664
  1525 Silver Avenue
  San Francisco, CA 94134
  Includes the following districts:
  (Outer Mission, Visitation Valley, Bayview, Portola
  Hunter's Point, Excelsior, Bernal Heights)

  Health Center #4 — 558-2011
  1490 Mason Street
  San Francisco, Ca 94133
  Includes the following districts:
  (North Beach, Chinatown, Financial District
  Downtown, Tenderloin, South of Market, Treasure Island)

  Health Center #5 — 661-4400
  1351 24th Avenue
  San Francisco, CA 94122
  Includes the following districts:
  (Richmond, Sea Cliff, Sunset, Parkside, Ocean View
  Merced, Ingleside, St. Francis Woods, Forest hill
  West Portal)

*	DEPARTMENT OF PUBLIC HEALTH ElderCare Program 1182 Market Street, Rm. 204 San Francisco, CA 94102	558-5104
*	GERIATRIC SERVICES CMHS (Community Mental Health Services) Central City Seniors Unit 1182 Market Street, #205 San Francisco, CA 94102 Includes the following districts: Tenderloin, South of Market to Bush Street	558-4671
*	GERIATRIC SERVICES CMHS (Community Mental Health Services) Children's Hospital Program 1351 - 42nd Ave San Francisco, CA 94122 Includes the following districts: Omi, Richmond, Sunset	753-6073
*	GERIATRIC SERVICES CHMS (Community Mental Health Services) 1548 Stockton Street San Francisco, CA 94133 Includes the following districts: Chinatown, North Beach	398-0981 398-2266
*	GERIATRIC SERVICES CHMS (Community Mental Health Services) 3905 Mission Street San Francisco, CA 94112 Includes the following districts: Southeast, Mission	558-2656
*	GERIATRIC SERVICES CHMS (Community Mental Health Services Family Service Agency 1010 Gough Street San Francisco, CA 94109 Includes the following districts: Western Addition, Pacific Hts., Marina, Fillmore Haight, Parts of the Tenderloin	474-7310 EXT-254
*	JEWISH FAMILY AND CHILDREN'S SERVICES GERIATRIC SERVICES 1600 Scott Street San Francisco, CA 94115	567-8802
*	LOS MAYORES DE CENTRO LATINO 180 Fair Oaks (Near 23rd & Dolores St.) San Francisco, CA 94110	826-6801

NORTH OF MARKET MULTIPURPOSE SENIOR SERVICES 885-2274
333 Turk Street
San Francisco, Ca 94102

* STATE DEPARTMENT OF MENTAL HEALTH 752-6533
Office Of Mental Health And Social Services
(LPS Conservatees only)
3330 Geary Street
San Francisco, CA 94118
Secures and monitors involuntary treatment plan.
Reports regularly to court. Excludes financial
management.

* SALVATION ARMY SENIOR ACTIVITIES CENTER 777-2677
360 - 4th Street
San Francisco, CA 94107

* SAN FRANCISCO LINKAGES 885-7673
Mt. Zion Hospital and Medical Center
P.O. Box 7921
San Francisco, CA 94120

* S.F. MULTIPURPOSE SENIOR SERVICES PROGRAM (M.S.S.P.) 885-7590
S.F. Institute On Aging, Mt. Zion
2356 Sutter Street 2nd Fl.
San Francisco, CA 94115

* SUPPORT SERVICES FOR ELDERS 552-6776
1453 Mission Street
San Francisco, CA 94103

GOVERNMENT OFFICES

CITY

	ANONYMOUS WITNESS LINE	553-1396
	BOARD & CARE HOMES, NURSING HOMES - Licensed (DSS)	464-1319
*	CIVIL SERVICE COMMISSION	558-4495
*	MAYOR'S OFFICE, CITIZENS ASSISTANCE CENTER	554-7111
	REGISTRAR OF VOTERS	558-3417
	S.F. BOARD OF SUPERVISORS:	
	Richard Hongisto	554-5664
	Thomas Hsieh	-5015
	John L. Molinari, President	-5555
	Wendy Nelder	-5497
	Nancy Walker	-5943
	Doris Ward	-5867
	James Gonzales	-5338
	Bill Maher	-5407
	Willie Kennedy	-5734
	Harry Britt	-5145
	Carol Ruth Silver	-5254
*	SAN FRANCISCO COMMISSION ON THE AGING 25 Van Ness #650 San Francisco, CA 94102	864-6051
*	SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICE 170 Otis Street San Francisco, CA 94103	General Info: 864-0948 557-5000 Services Intake: -5254 Adult & Homemaker Chore Services: -5832
	SAN FRANCISCO PUBLIC ADMINISTRATOR (Estate Management)	558-4161
*	SAN FRANCISCO PUBLIC GUARDIAN (Conservatorships)	558-3102
	SMALL CLAIMS DESK - MUNICIPAL COURT	TAPED MESSAGE 554-4565
	VICTIM - WITNESS ASSISTANCE 850 Bryant Street, 2nd Floor, Rm. 320 San Francisco, CA 94103	552-6550 553-9044

STATE

COMMUNITY CARE LICENSING OFFICE (Group homes for the aged -- convalescent care)		464-1319
DEPARTMENT OF AGING 1600 "K" Street Sacramento, CA 95814	(916)	322-5290
FRANCHISE TAX BOARD 345 Larkin San Francisco, CA 94102	(800)	852-7050 552-0272
MEDI-CAL INFORMATION 150 Otis Street San Francisco, CA 94103 Mailing address: P.O. Box 7988 San Francisco, CA 94120		557-6072

ASSEMBLY

Art Agnos (16th District) 350 McAllister St, Suite 1064 San Francisco, CA 94102	557-2253
Willie Brown (17th District) 540 Van Ness San Francisco, CA 94102	557-0784
Jackie Speier, 19th District 510 Myrtle Ave, Suite, 107, South San Francisco, CA 94080	871-4100

SENATE

Milton Marks (5th District) 350 McAllister St #2045 San Francisco, CA 94102	557-1437
Quentin Kopp, 8th District 363 El Camino Real South San Francisco, CA 94080	952-5666
John Foran (6th District) 16 Southgate Daly City, CA 94015	755-1766

FEDERAL

INFORMATION CENTER 450 Golden Gate Ave San Francisco, CA 94102		556-6600
HEALTH & HUMAN SERVICES, REGION IX 50 United Nations Plaza, Room 480 (Admin. of Aging) San Francisco, CA 94102		556-6003
IMMIGRATION & NATURALIZATION SERVICE 630 Sansome San Francisco, CA 94111	Info: Violation:	556-2070 556-7933
INTERNAL REVENUE SERVICE (Federal tax & info) 450 Golden Gate Ave San Francisco, CA 94102		839-1040
SOCIAL SECURITY ADMINISTRATION Claims & Information (Medicare)		956-3000
SUPPLEMENTARY SECURITY INCOME (SSI)		956-3000
SOCIAL SECURITY OFFICES:		
Bayview-Hunter's Point 5815 3rd Street San Francisco, CA 94124		556-0160
Chinatown/North Beach Branch 560 Kearny Street San Francisco, CA 94108		556-0165
Sutter District Office 1355 Sutter Street San Francisco, CA 94109		556-9755
Mission 2601 Mission St. San Francisco, CA 94110		556-6365

FEDERAL

	Outer Mission 4377 Mission St. San Francisco, CA 94112	556-1935
	Parkside 2311 Taraval St. San Francisco, CA 94116	556-8923
	Western Addition 1825 Post Street San Francisco, CA 94115	556-8000
*	VETERANS ADMINISTRATION 211 Main Street San Francisco, CA 94105	General Information: 495-8900

U.S. CONGRESS (continued)

Alan Cranston (Senator) 1390 Market Street, #918 San Francisco, CA 94102	556-8440
Pete Wilson (Senator) 450 Golden Gate, Suite 15140 San Francisco, CA 94102	556-4307
Barbara Boxer Congresswoman - 6th District 450 Golden Gate Ave San Francisco, CA 94102	626-6943
Nancy Pelosi Congresswoman - 5th District 450 Golden Gate, Room 20515 San Francisco, CA 94102	556-4862

HEALTH

Medical Emergencies

CALL 911 FOR ALL EMERGENCIES

*	BAY AREA PHYSICIANS FOR HUMAN RIGHTS P.O. Box 14546 San Francisco, CA 94114	673-3189
*	CITY EMERGENCY AMBULANCE 50 Ivy Street San Francisco, CA 94102	558-5432
	DRUG LINE	752-3400

EMERGENCY MEDICAL BUTTON RESPONSE SYSTEM

In an emergency, one touch of your portable help button will bring help within minutes. With any of the following response systems help is always at your fingertips, 24 hours a day. The portable help button offers peace of mind and independence to the user and provides respite and reassurance for family and caregivers.

COMMUNI-CALL - ST. FRANCIS MEMORIAL HOSPITAL 900 Hyde Street San Francisco, CA 94109	775-4321 EXT 2713
COMMUNI-CALL PACIFIC PRESBYTERIAN MEDICAL CENTER 2323 Sacramento Street San Francisco, CA 94115	923-3515
LIFE-LINE PROGRAM MT. ZION HOSPITAL 1600 Divisadero Street San Francisco, CA 94115	885-7591
LIFE-LINE - DAVIS MEDICAL CENTER Castro & Duboce Street San Francisco, CA 94114	565-6395
MERCY-LINE - ST. MARYS HOSPITAL & MEDICAL CENTER 450 Stanyan Street San Francisco, CA 94117	750-5530

HEALTH

Medical Emergencies (continued)

	MENTAL HEALTH		387-5100
		(TTY)	221-9174
*	NIGHT MINISTRY 432 Mason Street San Francisco, CA 94102		986-1464
*	POISON CONTROL CENTER School of Pharmacy San Francisco General Hospital, Room 1E86		476-6600
*	SAN FRANCISCO AMBULANCE 2829 California Street San Francisco, CA 94115		931-3900
*	SAN FRANCISCO MEDICAL SOCIETY 250 Masonic San Francisco, CA 94118		567-6230
*	SAN FRANCISCO SUICIDE PREVENTION 3940 Geary Street San Francisco, CA 94118	Business: Suicide Prevention:	752-4866 221-1423
*	UC SCHOOL OF DENTISTRY 707 Parnassus, 6th Floor Science Building Dental Emergency Window		476-1891
*	UNIVERSITY OF PACIFIC SCHOOL OF DENTISTRY 2155 Webster Street San Francisco, CA 94115		929-6500
	FIRE DEPARTMENT		861-8020
	POLICE DEPARTMENT		553-0123

CLINICS AND SCREENING PROGRAMS

*	SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH 101 Grove Street San Francisco, CA 94102	558-2896
*	SAN FRANCISCO HEALTH DEPARTMENT District Health Centers:	
	#1 - 3850 17th Street San Francisco, CA 94114	558-2444
	#2 - 1301 Pierce Street San Francisco, CA 94115	558-2891 TTY-929-7384
	#3 - 1525 Silver Avenue San Francisco, CA 94134	468-3664
	#4 - 1490 Mason Street San Francisco, CA 94133	558-2011
	#5 - 1351 24th Avenue San Francisco, CA 94122	661-4400
*	GERIATRIC ASSESSMENT SERVICES 1600 Divisadero St. San Francisco, CA 94115	885-7521
	HAIGHT ASHBURY FREE MEDICAL CLINIC 558 Clayton Street San Francisco, CA 94117	431-1714
*	MISSION NEIGHBORHOOD HEALTH CENTER 240 Shotwell St. San Francisco, CA 94110	552-3870
*	MOUNT ZION HOSPITAL & MEDICAL CENTER Outpatient Dept. (Senior Health Screening & Referral) 1600 Divisadero Street San Francisco, CA 94115	885-7480

CLINICS AND SCREENING PROGRAMS (continued)

*	NATIVE AMERICAN HEALTH BOARD, INC. 56 Julian San Francisco, CA 94103	621-8051
*	NORTHEAST MEDICAL SERVICES 1520 Stockton Street San Francisco, CA 94133	391-9686
*	NORTH OF MARKET SENIOR SERVICES 333 Turk Street San Francisco, CA 94102	885-2274
*	PACIFIC PRESBYTERIAN MEDICAL CENTER Geropsychiatric Unit 2323 Sacramento Street San Francisco, CA 94115	923-3254
*	POTRERO HILL HEALTH CENTER 1050 Wisconsin Street San Francisco, CA 94107	648-3022 821-8648
	ROCKRIDGE FAMILY PRACTICE (Visitacion Valley) 141 Leland Avenue San Francisco, CA 94134	334-3300
*	ST. ANTHONY'S CLINIC 45 Jones Street San Francisco, CA 94102	552-3838
*	ST. MARY PHILIPPA MEMORIAL CLINIC 2235 Hayes Street, 5th Floor San Francisco, CA 94117	750-5500
*	S.F. LINKAGES 2356 Sutter Street San Francisco, CA 94115	885-7673
*	S.F. Multi-Purpose Senior Services Program (M.S.S.P.) S.F. Institute on Aging (Mt. Zion) 2356 Sutter Street San Francisco, CA 94115	885-7590

CLINICS AND SCREENING PROGRAMS (continued)

	SOUTH OF MARKET HEALTH CLINIC 551 Minna Street San Francisco, CA 94103	626-2951
*	SOUTH EAST HEALTH CENTER 2401 Keith Street San Francisco, CA 94124	822-2850
*	UCSF MEDICAL CENTER - Langley Porter (Geriatric Services) 1350 7th Avenue, Room CSBS 228 San Francisco, CA 94143	731-3111
*	VETERANS ADMINISTRATION MEDICAL CENTER 4150 Clement Street San Francisco, CA 94121	221-4810

SPECIFIC MEDICAL PROBLEMS

* A.I.D.S. (Aquired Immune Deficiency Syndrome)

AIDS HEALTH SERVICES PROGRAM AND AIDS RESOURCE PROGRAM 476-8263
UNIVERSITY OF CALIFORNIA AT SAN FRANCISCO
1326 - 3rd Avenue (mailing address)
San Francisco, CA 94143-0936
Street Address: 258-A Laguna Honda Blvd.

AIDS HOME CARE PROGRAM OF VISITING NURSES 861-8705
HOSPICE OF SAN FRANCISCO - COMING HOME HOSPICE
401 Duboce Street
San Francisco, CA 94117

NORTHERN CALIFORNIA HOTLINE 800 FOR AIDS

* OPERATION CONCERN (G.L.O.E.) 626-7000
GAY & LESBIAN OUTREACH TO ELDERLY
1853 Market Street
San Francisco, CA 94103

SAN FRANCISCO AIDS FOUNDATION Business Office 864-4376
333 Valencia Street, 4rd Floor Hotline 863-AIDS
San Francisco, CA 94103

SHANTI PROJECT 777-2273
525 Howard Street 777-CARE
San Francisco, CA 94105
Counseling and emotional support to AIDS victims, their loved ones and family. Support groups usually meet in the evening.

U.C.S.F. AIDS HEALTH PROJECT
MAILING ADDRESS, BOX 0884
1855 Folsom Street, Ste. 506
San Francisco, CA 94143-0884
For information on AIDS Support Groups and
risk reduction call: 476-6430

SPECIFIC MEDICAL PROBLEMS

ALZHEIMER:

*	ALZHEIMER'S DAY CENTER Mt. Zion Hospital 1600 Divisadero Street San Francisco, CA 94115	885-7570
*	FAMILY SURVIVAL PROJECT FOR BRAIN DAMAGED ADULTS, INC. 44 Page Street, Suite 600 San Francisco, Ca 94102	626-6556
*	MEMORY & ALZHEIMER CENTER - UCSF 1350 - 7th Avenue San Francisco, CA 94143	476-7602
*	THIRTIETH STREET CENTER Alzheimer's Clinic 225 - 30th Street San Francisco, CA 94131	285-5615

ARTHRITIS:

	ARTHRITIS CENTER - UC MEDICAL CENTER (Rosalind Russell Center) 400 Parnassus Avenue San Francisco, CA 94143-0328	476-1192
	ARTHRITIS CLINIC OF UCSF 400 Parnassus, Room 540 San Francisco, CA 94143	476-3971
*	ARTHRITIS FOUNDATION (Northern California Chapter) 203 Willow Street, Suite 201 San Francisco, CA 94109	673-6882

CANCER:

*	AMERICAN CANCER SOCIETY 973 Market Street San Francisco, CA 94102	974-1592

CEREBRAL PALSY:

	UNITED CEREBRAL PALSY ASSOCIATION OF SAN FRANCISCO 25 Taylor, Room 512 San Francisco, CA 94102	776-5111

SPECIFIC MEDICAL PROBLEMS (continued)

DENTAL:

*	MOUNT ZION DENTAL DEPARTMENT 1600 Divisadero, 2nd Floor San Francisco, CA 94115	885-7335
*	ST. MARY'S CLINIC 2235 Hayes Street San Francisco, CA 94117	775-5500
*	SAN FRANCISCO DENTAL SOCIETY 760 Market St., Suite 828 San Francisco, CA 94102	986-5845
*	San Francisco General Hospital Dental Clinic 1001 Potrero Ave San Francisco, CA 94110	821-8124
*	SENIOR DENTAL PROGRAM Medi-Cal and non-Medi-Cal 450 Sutter Street San Francisco, CA 94108	986-5845
*	SOUTH OF MARKET HEALTH CLINIC 551 Minna Street San Francisco, CA 94103	626-2951
	UC SCHOOL OF DENTISTRY (students) 707 Parnassus San Francisco, CA 94143	476-1891
*	UNIVERSITY OF PACIFIC SCHOOL OF DENTISTRY 2155 Webster Street San Francisco, CA 94115	929-6500

DIABETES:

*	AMERICAN DIABETES ASSOC. OF NORTHERN CALIFORNIA 12 Geary Street, Room 203 San Francisco, CA 94108	644-0920

SPECIFIC MEDICAL PROBLEMS (continued)

DISABLED/REHABILITATION:

*	ROSE RESNICK CENTER FOR THE BLIND & HANDICAPPED 1299 Bush Street San Francisco, CA 94109	441-1980
*	CALIFORNIA STATE DEPARTMENT OF REHABILITATION 2720 Taylor #420 (North of Market) San Francisco, CA 94133 and 30 Van Ness Ave #3200 San Francisco, CA 94102	771-7200 TTY-626-8825 557-3800
	EASTER SEAL SOCIETY 6221 Geary Street San Francisco, CA 94121	752-4888
*	INDEPENDENT LIVING PROJECT 4429 Cabrillo San Francisco, CA 94121	751-8765
*	ST. MARY'S (C.O.R.F.) Comprehensive Outpatient Rehabilitation Facility 35 Onondaga Ave San Francisco, CA 94112	334-4000
*	RECREATION CENTER FOR THE HANDICAPPED 207 Skyline Blvd. San Francisco, CA 94132	665-4100

SPECIFIC MEDICAL PROBLEMS (continued)

HEARING & SPEECH

* CENTER ON DEAFNESS 3333 California Street, #10 San Francisco, CA 94143-1208		476-4980 TTY-476-7600
HEARING SOCIETY FOR THE BAY AREA * DOCENTS FOR THE DEAF 20 - 10th Street, 2nd Fl. San Francisco, CA 94103		750-3638 863-4710
	Hearing test by phone:	863-4779
	TTY:	863-2550
* ST. BENEDICT'S CENTER FOR THE DEAF 2891 Bush Street . San Francisco, CA 94115		567-9855
	TTY:	567-0438
* ST. LUKE'S HEARING AND SPEECH 1580 Valencia #806 San Francisco, CA 94110		282-2551
* SAN FRANCISCO HEARING AND SPEECH CENTER 1234 Divisadero San Francisco, CA 94115		921-7658
	TTY:	921-8990
* SAN FRANCISCO SPCA HEARING DOG PROGRAM 2500 16th Street San Francisco, CA 94103		554-3020

HEART:

* AMERICAN HEART ASSOCIATION, SF Chapter 421 Powell St., 4th Fl. San Francisco, CA 94102	433-2273

SPECIFIC MEDICAL PROBLEMS (continued)

MULTIPLE SCLEROSIS:

* MULTIPLE SCLEROSIS SOCIETY Northern California Branch 520 3rd Street, Suite 104 Oakland, CA 94607	268-0572

MUSCULAR DYSTROPHY:

* MUSCULAR DYSTROPHY ASSOCIATION, INC. 561 Pilgrim Drive #6 Foster City, CA 94404	570-6166

PODIATRY:

* PACIFIC COAST HOSPITAL & FOOT CLINICS 1835 Ellis Street San Francisco, CA 94115	563-3444
* PACIFIC FOOT CLINIC 2000 Van Ness Ave San Francisco, CA 94109	776-8535

POISON CONTROL:

* SR_x - SENIOR MEDICATION EDUCATION PROGRAM 1182 Market Street, Room 204 San Francisco, CA 94102	558-3767

SIGHT:

BAY AREA VISION CENTER 715 Bryant St. San Francisco, CA 94107	391-2020
* FREDERICK CORDES EYE CLINIC UC Hospital 400 Parnassus 7th Floor San Francisco, CA 94122	476-2142
* LIGHTHOUSE FOR THE BLIND 20 10th Street, Suite 220 San Francisco, CA 94103	431-1481

SPECIFIC MEDICAL PROBLEMS (continued)

NATIONAL ASSOCIATION FOR THE VISUALLY HANDICAPPED — 221-3201
3201 Balboa
San Francisco, CA 94121

NATIONAL EYE CARE PROJECT (FOUNDATION OF THE AMERICAN ACADEMY OF OPHTHALMOLOGY) — 1-800-222-EYES, 1-800-222-3937
65 Years or older, an American citizen or legal resident

* NORTHERN CALIFORNIA SOCIETY TO PREVENT BLINDNESS — 387-0934
4200 California Street
San Francisco, CA 94118

ROSE RESNICK CENTER FOR THE BLIND & HANDICAPPED — 441-1980
1299 Bush Street
San Francisco, CA 94109

SPEECH:

(See "Hearing & Speech")

TUBERCULOSIS:

* AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO — 543-4410
562 Mission St., Suite 203
San Francisco, CA 94105

MISCELLANEOUS:

* BAY AREA PHYSICIANS FOR HUMAN RIGHTS — 673-3189
P.O. Box 14546
San Francisco, CA 94114

COMING HOME HOSPICE OF SAN FRANCISCO — 861-8705
115 Diamond Street
San Francisco, CA 94114

SPECIFIC MEDICAL PROBLEMS (continued)

	ELDERCARE PROGRAM San Francisco Department of Public Health 1182 Market Street, Room 204 San Francisco, CA 94102	558-5104
*	FAMILY SURVIVAL PROJECT (For brain-damaged adults) 44 Page St. #600 San Francisco, CA 94102	626-6556 445-8106
	GOING HOME - MT. ZION HOSPITAL & MEDICAL CENTER (Tapes and materials for families caring for patients at home to view at Mt. Zion) 1600 Divisadero Street San Francisco, CA 94115 Ask for Carmel Finigan	885-7328
*	HOSPICE OF SAN FRANCISCO 401 Duboce Street San Francisco, CA 94117	861-8705
*	G.L.O.E. (Gay and Lesbian Outreach to Elders) (Operation Concern) 1853 Market San Francisco, CA 94103	626-7000
*	SAN FRANCISCO LINKAGES Mt. Zion Hospital & Medical Center 2356 Sutter Street San Francisco, CA 94115	885-7673
*	SAN FRANCISCO MEDICAL SOCIETY 250 Masonic Street San Francisco, CA 94118	567-6320
*	SAN FRANCISCO M.S.S.P (San Francisco Multi-purpose Senior Services Program) Mt. Zion Hospital & Medical Center 2356 Sutter Street, 2nd Floor San Francisco, CA 94115	885-7590

HEALTH MAINTENANCE ORGANIZATIONS

Organizations that provide or assure the delivery of an agreed upon set of health services for an enrolled group of persons under a pre-paid sum/amount.

NAME/ADDRESS/PHONE	HOSPITAL AFFILIATION
BAY PACIFIC HEALTH PLAN 1111 Bayhill Drive San 8runo, CA 94066 952-2005	Childrens, Marshall Hale, Mt. Zion, Ralph K. Davies and St. Lukes
CHILDREN'S HOSPITAL HEALTH PLAN 3801 Sacramento San Francisco, CA 94118 668-8211 (Senior Security)	Childrens Hospital
CHINESE COMMUNITY HEALTH PLAN (8lue Shield) 835 Jackson St. San Francisco, CA 94133 397-3190	Chinese Hospital
FRENCH HOSPITAL HEALTH PLAN (Senior Care Plus) 4131 Geary 8lvd. San Francisco, CA 94118 666-8994	French Hospital, Childrens Hospital
HEALS THE PERSONAL CARE Physician Health Plan 5801 Christie Avenue Emeryville, CA 94608 653-3522	French, Mt. Zion, St. Lukes and Presbyterian
HEALTH AMERICA 828 San Pablo Ave. Albany, CA 94706 527-2320	Childrens, Pacific Medical Center, Seton Medical Center
KAISER FOUNDATION HEALTH PLAN 2560 Geary 8lvd. San Francisco, CA 94115 929-5237	Kaiser Hospital
TAKE CARE (Blue Cross) 2101 Webster Street Oakland, CA 94569 645-3215	Mt. Zion, Pacific Medical Center

HOMEMAKER & IN-HOME HEALTH CARE

	MEDICAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
AMERICAN NURSING RESOURCES 801 Lincoln Way #B San Francisco, CA 94122 753-6005			X		X
ARRIBA JUNTOS CENTER 2017 Mission Street San Francisco, CA 94110 863-9307			X	X	
AUNT ANN'S AGENCY 760 Market, Suite 539 San Francisco, CA 94102 421-8442			X		X
BRISTOL HARAN AGENCY 1724 Sacramento St. #101 San Francisco, CA 94109 775-9100					X
CATHOLIC CHARITIES 1049 Market Street San Francisco, CA 94103 864-7400			X	X	X
CHILDREN'S HOSPITAL 3700 California St. San Francisco, CA 94118 750-6309	X	X	X	X	X
CHS HOME HEALTH 399 Buena Vista San Francisco, CA 94117 621-4562	X	X	X		X
COMPREHENSIVE COMMUNITY HOME HEALTH AND HOSPICE PO Box 682 Daly City, CA 94017 991-3333	X	X	X		X

	MEDICAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
ECONOMIC OPPORTUNITY CENTER 70 10th Street San Francisco, CA 94103 863-2121, Ext. 306			X	X	
HERE'S HELP 135 Presidio Avenue San Francisco, CA 94115 931-4357			X		
INDEPENDENT LIVING RESOURCE CENTER OF SAN FRANCISCO 4429 Cabrillo Street San Francisco, CA 94121 751-8765			X	X	
JEWISH FAMILY SERVICE Home Care Division 1600 Scott Street San Francisco, CA 94115 567-8860			X	X	
KAISER HOSPITAL 2280 Geary Blvd. San Francisco, CA 94115 929-4919	X	X	X	X	X
KIMBERLY NURSING 425 Divisadero St. Suite 304 San Francisco, CA 94117 864-6333	X	X	X		X
LANG AGENCY 150 Powell St. San Francisco, CA 94102 398-8808			X		X
MEDICAL PERSONNEL POOL 1725 Clay St., #100 San Francisco, CA 94109 673-7500			X		X

	MEDICAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
MEYER CARE HEALTH SERVICES 760 Market Street, Suite 612 San Francisco, CA 94102 362-5650					X
MISSION NEIGHBORHOOD CENTER 362 Capp Street San Francisco, CA 94110 826-4659			X	X	
MT. ZION HOSPITAL AND MEDICAL CENTER Division of Home Care 1600 Divisadero St., 4th Fl. San Francisco, CA 94115 885-7572	X	X	X	X	X
OLSTEN HEALTH CARE 870 Market Street #603 San Francisco, CA 94102 956-8773			X		X
OPTIONS - DOMESTIC REFERRAL 3543 18th Street San Francisco, CA 94110 626-2128			X		X
PROFESSIONAL NURSES BUREAU 1375 Sutter Street #412 San Francisco, CA 94109 474-4719			X		X
QUALITY CARE 717 Market Street, Suite #417 San Francisco, CA 94103 957-9933			X		X
REMEDY HEALTH SERVICE 425 Divisadero St. #205 San Francisco, CA 94117 957-9064					X
REMEDY HOME & HEALTH CARE SERVICE 1453 Mission Street, 4th Floor San Francisco, CA 94103 863-2474	X		X	X	

	MEDICAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
ST. MARY'S HOME HEALTH CARE 450 Stanyan Street San Francisco, CA 94117 750-5575	X	X			X
SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES 170 Otis Street San Francisco, CA 94103 557-5060 or 557-5254	X		X		
SELF-HELP FOR THE ELDERLY 640 Pine Street San Francisco, CA 94108 982-9171	X		X		
STAFF BUILDERS 77 Geary Street San Francisco, CA 94108 391-0123			X		X
STAT NURSING SERVICE INC. 1545 Broadway San Francisco, CA 94109 673-9791			X		X
UPJOHN HEALTH CARE SERVICES 545 Front St., #103 San Francisco, CA 94111 956-6222		X	X		X
VISITING NURSE ASSOCIATION OF SAN FRANCISCO 401 Duboce Avenue San Francisco, CA 94117 861-8705	X	X	X		
VNA Home Care 225 30th Street San Francisco, CA 94131 641-5144					X
WESTERN MEDICAL 2286 Geary Street #207 San Francisco, CA 94118 921-8709			X		X

HOSPITALS IN SAN FRANCISCO AND DALY CITY

CHILDREN'S HOSPITAL 3700 California St. San Francisco, CA 94118	387-8700
CHINESE HOSPITAL 845 Jackson St. San Francisco, CA 94133	982-2400
FRENCH HOSPITAL 4131 Geary Blvd. San Francisco, CA 94118	666-8000
KAISER FOUNDATION HOSPITAL 2425 Geary Blvd. San Francisco, CA 94115	929-4000
LAGUNA HONDA HOSPITAL 375 Laguna Honda Blvd. San Francisco, CA 94116	664-1580
LANGLEY PORTER PSYCHIATRIC HOSPITAL 401 Parnassus Ave San Francisco, CA 94143	476-7000
LETTERMAN GENERAL HOSPITAL (US Army Presidio) San Francisco, CA 94129	561-2231
MARSHALL HALE MEMORIAL HOSPITAL 3773 Sacramento St. San Francisco, CA 94118	386-7000
MOUNT ZION HOSPITAL 1600 Divisadero Street San Francisco, CA 94115	567-6600
PACIFIC PRESBYTERIAN MEDICAL CENTER 2333 Buchanan Street San Francisco, CA 94115	563-4321
RALPH K. DAVIES MEDICAL CENTER Castro and Duboce Street San Francisco, CA 94114	565-6779
SAINT FRANCIS MEMORIAL HOSPITAL 900 Hyde Street San Francisco, CA 94109	775-4321

HOSPITALS IN SAN FRANCISCO AND DALY CITY (continued)

ST. LUKE'S HOSPITAL 3555 Army Street San Francisco, Ca 94110	647-8600
ST. MARY'S HOSPITAL MEDICAL CENTER 450 Stanyan Street San Francisco, CA 94117	668-1000
SAN FRANCISCO GENERAL HOSPITAL 1001 Potrero Ave San Francisco, CA 94110	821-8200
SETON MEDICAL CENTER 1900 Sullivan Avenue Daly City, CA 94015	992-4000
UNIVERSITY OF CALIFORNIA San Francisco Medical Center 505 Parnassus San Francisco, CA 94143	476-1000
VETERAN'S ADMINISTRATION HOSPITAL 4150 Clement Street San Francisco, CA 94121	221-4810

HOUSING

	EMERGENCY	PERMANENT	I & R	REPAIRS
* ADULT BENEVOLENT ASSOCIATION (St. Anthony's) 121 Golden Gate Ave San Francisco, CA 94102 552-1169			X	
* AMERICAN RED CROSS 1550 Sutter Street San Francisco, CA 94109 776-1500	X			
* BRIDGEWAY PROJECT (Salvation Army) 242 Turk Street San Francisco, CA 94102 771-7640	X			
CADILLAC HOTEL (Refer by agency only) 380 Eddy Street San Francisco, CA 94102 673-7223	X	X		
* CASA DE LAS MADRES, LA P.O. Box 27236 San Francisco, CA 94127 469-7638 (Crisis) 469-7650 (Business)	X			
C.E.R.F. (Code Enforcement Rehabilitation Foundation) 558-4505			X	
COMMUNITY BOARD 433-2273			X	
COMMUNITY CARE LICENSING 464-1380			X	
* DOWNTOWN SENIOR CENTER 481 O'Farrell Street San Francisco, CA 94102 771-7950	X	X	X	

HOUSING (continued)

	EMERGENCY	PERMANENT	I & R	REPAIRS
* GOLDEN GATE FOR SENIORS 637 So. Van Ness Ave. San Francisco, CA 94110 626-7553		X		
GOSPEL MISSION - San Francisco (Men) 219 6th Street San Francisco, CA 94103 495-7366	X			
HOUSING AUTHORITY 440 Turk Street San Francisco, CA 94102 554-1200		X		
HOME EQUITY CONVERSION 4429 Cabrillo Street San Francisco, CA 94121 751-8765			X	
* HOUSING CONSERVATION & DEVELOPMENT CORP. 1637 Ocean Avenue San Francisco, CA 94112 586-8000				X
* INDEPENDENT HOUSING SERVICE 25 Taylor Street San Francisco, CA 94102 441-6781	X	X	X	
* JEWISH HOUSING BUREAU Jewish Family & Children's 1600 Scott Street San Francisco, CA 94115 567-8860		X		
* LUTHERAN CARE FOR THE AGING (Information & Referral) 1031 Franklin Street San Francisco, CA 94109 441-7777	X			
* MAYOR'S CITIZEN ASSISTANCE CENTER City Hall, Room 160 San Francisco, CA 94102 554-7111			X	

	EMERGENCY	PERMANENT	I & R	REPAIRS
* NIGHT MINISTRY 432 Mason Street San Francisco, CA 94102 986-1464	X			
* NORTH OF MARKET PLANNING COALITION 295 Eddy Street San Francisco, CA 94102 474-2164			X	
* OLD ST. MARY'S HOUSING COMMITTEE 660 California Street San Francisco, CA 94108 398-0724			X	
PROJECT HELP (Conservation) Arriba Juntos 2017 Mission Street San Francisco, CA 94110 863-9307				X
* RAPHAEL HOUSE 1065 Sutter Street San Francisco, CA 94109 474-4621	X			
* RESIDENTIAL RENT STABILIZATION & ARBITRATION BOARD 170 Fell Street, Room 16 San Francisco, CA 94102 621-7368 or 621-RENT			X	
* SALVATION ARMY, FAMILY SERVICE AGENCY 445 9th Street San Francisco, CA 94103 861-0755	X			
SAN FRANCISCO ASSC. OF RESIDENTIAL CARE HOMES, INS. Pat Nobis, Director 110 Vale Avenue San Francisco, CA 94132 387-3292		X	X	
SAN FRANCISCO ROOMMATE REFERRAL SERVICE 610-A Cole Street San Francisco, CA 94117 626-0606 or 552-4990		X		

	EMERGENCY	PERMANENT	I & R	REPAIRS
SHERIFF'S EVICTEE PROGRAM (For those being evicted) 170 Fell Street, Rm.#4 San Francisco, CA 94102 929-0331 or 558-3564	X		X	
* SAN FRANCISCO TENANTS UNION 558 Capp Street San Francisco, CA 94110 282-6622			X	
* SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION 1182 Market Street, Room 320 San Francisco, CA 94102 626-1033			X	
* SENIOR RESOURCES 1750 29th Ave San Francisco, CA 94122 753-2405 or 753-2406			X	
TENDERLOIN HOUSING CLINIC 38 Mason Street 3rd Fl. San Francisco, CA 94102 956-8056 (Recorded message on evictions) Drop-in clinic Monday - Friday, 10-12 and 1-3			X	
* TRAVELERS' AID SOCIETY 38 Mason Street San Francisco, CA 94102 781-6738	X			
* UNITED WAY INFORMATION & REFERRAL 1435 Market Street, 4th Fl. San Francisco, CA 94103 772-4357/4444			X	
* W.O.M.A.N., Inc. 2940 16th Street San Francisco, CA 94103 864-4722	X			

INFORMATION AND REFERRAL

*	LA RAZA INFORMATION CENTER 3174 24th Street San Francisco, CA 94110	826-5855
*	LUTHERAN CARE FOR THE AGING INFORMATION & REFERRAL 1031 Franklin Street San Francisco, CA 94109	441-7777
*	MAYOR'S OFFICE, CITIZENS ASSISTANCE CENTER	554-7111
*	NORIEGA SENIOR SERVICES CENTER (Formerly Senior Block Information) 1819 43rd Avenue San Francisco, CA 94122	665-6844
	S.F. ASSOC. OF RESIDENTIAL HOME CARE, INC. Pat Nobis, Director 110 Vale Ave San Francisco, CA 94132 387-3292	
*	SENIOR INFORMATION, REFERRAL & HEALTH PROMOTION 1182 Market Street, Room 320 San Francisco, CA 94102	626-1033
*	SENIOR RESOURCES 1750 29th Avenue San Francisco, CA 94122	753-2405 753-2406
*	UNITED WAY INFORMATION & REFERRAL United Way of the Bay Area 1435 Market St., 4th Fl. San Francisco, CA 94103	772-4444 TTY:4440 772-4357
*	VETERANS ADMINISTRATION 211 Main Street San Francisco, CA 94105	495-8900

INSURANCE COUNSELING (HEALTH)

*	LEGAL ASSISTANCE FOR THE ELDERLY (HICAP) Health Insurance Counseling & Advocacy Program 1453 Mission Street, 5th Fl. San Francisco, CA 94103	861-4555
*	NORIEGA SENIOR SERVICE CENTER 1819 - 43rd Avenue at Noriega San Francisco, CA 94122	665-6844

LEGAL ASSISTANCE

*	AMERICAN CIVIL LIBERTIES UNION 1663 Mission Street #460 San Francisco, CA 94103	621-2488
*	ASIAN LAW CAUCUS 36 Waverly Place San Francisco, CA 94108	391-1655
*	ATTORNEY'S REFERENCE PANEL 870 Market Street #1115 San Francisco, CA 94102	882-9150
	ENVIRONMENTAL PROTECTION UNIT	
*	CONSUMER ENVIRONMENTAL PROTECTION UNIT DIV. DISTRICT ATTORNEY 732 Brannan Street San Francisco, CA 94103	553-1814
	DOMESTIC VIOLENCE INFORMATION LINE (Tape Recorded Message)	861-0164
*	F.R.A.I.L. (FINANCIAL RESOURCES ASSISTING INDEPENDENT LIVING) Public Guardian's Office P.O. Box 11833 San Francisco, CA 94101	558-2256
	IMMIGRATION & NATURALIZATION SERVICE 650 Sansome Street San Francisco, CA 94111	556-7933
*	INCOME RIGHTS PROJECT 383 Eddy Street San Francisco, CA 94102	771-9850
*	LAWYER REFERRAL SERVICE Bar Association of San Francisco 685 Market Street, Suite 700 San Francisco, CA 94104	764-1616
	LEGAL AID SOCIETY OF S.F.	864-8848
*	LEGAL ASSISTANCE TO THE ELDERLY 1453 Mission St., 5th Fl. San Francisco, CA 94103	861-4444

LEGAL ASSISTANCE (continued)

*	MISSION COMMUNITY LEGAL DEFENSE 2940 16th Street San Francisco, CA 94103	Advocacy: Legal: Immigration:	552-7208 -3910 -7194
	NIHONMACHI (Japanese Legal Outreach) 1840 Sutter Street, Suite 204 San Francisco, CA 94115		567-6255
*	PATIENTS' RIGHTS ADVOCACY SERVICES (P.R.A.S) 890 Hayes Street San Francisco, CA 94117		552-8100
	SAN FRANCISCO COMMUNITY LAW COLLECTIVE 503 Dolores Street San Francisco, CA 94110		863-1530
*	SAN FRANCISCO LAWYERS' COMMITTEE FOR URBAN AFFAIRS 301 Mission Steet, Suite 400 San Francisco, CA 94105		543-9444
*	SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE 49 Powell Street San Francisco, CA 94102	Welfare: Housing: Domestic:	627-0200 -0220 -0240
*	SAN FRANCISCO PUBLIC GUARDIAN 1212 Market Street San Francisco, CA 94102		558-4161
	SMALL CLAIMS COURT Municipal Court, City Hall San Francisco, CA 94102		554-4566
	STATE BAR OF CALIFORNIA 555 Franklin at McAllister San Francisco, CA 94102		561-8200
*	SUPPORT SERVICES FOR ELDERS, INC. 1453 mission St., 5th Fl. San Francisco, CA 94103		552-6776

MENTAL HEALTH

	CENTER FOR SPECIAL PROBLEMS 1700 Jackson (corner of Van Ness) San Francisco, CA 94109	558-4801
*	FAMILY SURVIVAL PROJECT (Stroke & brain damaged adults) 44 Page Street San Francisco, CA 94102	626-6556
	FORT HELP 965 Mission Street #520 San Francisco, CA 94103	546-7779
*	GERIATRIC ASSESSMENT SERVICE Mt. Zion Hospital and Medical Center 1600 Divisadero St. San Francisco, CA 94115	885-7521
*	GERIATRIC EVALUATION CLINIC Presbyterian Hospital of Pacific Medical Center 2323 Sacramento Street PO Box 7999 San Francisco, CA 94115	923-3247
*	GERIATRIC INFORMATION, COUNSELING & REFERRAL SERVICE (Medical) Clinic of Mt. Zion Hospital & Med. Center 2356 Sutter Street San Francisco, CA 94115	885-7592
*	GERIATRIC MEDICAL CLINIC OF MT. ZION HOSPITAL AND MEDICAL CENTER 1600 Divisadero Street San Francisco, CA 94115	885-7474
*	GERIATRIC SERVICES (Tenderloin, South of Market to Bush, Central City) CMHS - COMMUNITY MENTAL HEALTH SERVICES Central City Seniors Unit 1182 Market Street, 2nd Floor San Francisco, CA 94102 Linda LiBrize, CNS	558-4671

MENTAL HEALTH (continued)

*	GERIATRIC SERVICES (Southeast Mission) CMHS - COMMUNITY MENTAL HEALTH SERVICES 3905 Mission Street San Francisco, CA 94112 Mary Emma Dean, LCSW	558-2656
	810 Capp Street (After 5 pm and weekends) San Francisco, CA 94110	558-2071
*	GERIATRIC SERVICES (Western Addition, Pacific Heights, Marina, Fillmore, Haight, parts of Tenderloin) CMHS - COMMUNITY MENTAL HEALTH SERVICES Family Service Agency 1010 Gough Street San Francisco, CA 94109 Gail Lashman, Executive Director	474-7310 X254
*	GERIATRIC SERVICES (Chinatown, North Beach) CMHS - COMMUNITY MENTAL HEALTH SERVICES 1548 Stockton Street San Francisco, CA 94133 Rudy Kao, Geriatric Manager	398-0981
*	GERIATRIC SERVICES (Omi, Richmond, Sunset CMHS - COMMUNITY MENTAL HEALTH SERVICES Children's Hospital program at: 1351 42nd Avenue San Francisco, CA 94122 Kenneth Passamaneck, M.D.	753-6073
**	EMERGENCY Psychiatry at SF GENERAL for all Geriatric Service Centers	821-8200
	INDOCHINESE MENTAL HEALTH SERVICE 2209 Van Ness San Francisco, CA 94109	771-1991
	McAULEY NEUROPSYCHIATRIC INSTITUTE 450 Stanyan Street San Francisco, CA 94117	668-1000 Ext 7730
*	MEMORY AND ALZHEIMER CENTER University of California at S.F. 1350 - 7th Ave, CSBS 228 San Francisco, CA 94143	476-7602 476-7605

* MENTAL HEALTH ASSOCIATION OF SAN FRANCISCO 2398 Pine San Francisco, CA 94115		921-4401
* (OPERATION CONCERN OF PACIFIC) G.L.O.E. - Gay & Lesbian Outreach to Elders 1853 Market Street San Francisco, CA 94103		626-7000 -5916
* PATIENTS' RIGHTS ADVOCACY SERVICES (P.R.A.S.) 890 Hayes Street, 2nd Floor San Francisco, CA 94117		552-8100
* PROGRESS FOUNDATION (Rypins & Carrol House) (Residential & Day Treatment) 1405 Guerrero Street San Francisco, CA 94110		821-0697 861-0828
* SF SUICIDE PREVENTION 3940 Geary Street San Francisco, CA 94118	CMHS Line:	387-5100 221-1423
* STATE DEPARTMENT OF MENTAL HEALTH OFFICE OF MENTAL HEALTH SOCIAL SERVICE 3330 Geary, Room 200 San Francisco, CA 94118		752-6533

NEWCOMER SERVICES/FOREIGN LANGUAGES

*	CENTER FOR SOUTHEAST ASIAN REFUGEE RESETTLEMENT 875 O'Farrell Street San Francisco, CA 94109	885-2743
*	CHINESE NEWCOMERS SERVICE CENTER 777 Stockton Street, Rm. 104 San Francisco, CA 94108	421-0943
*	FILIPINO AMERICAN COUNCIL 2948 16th Street San Francisco, CA 94103	626-0773
*	INTERNATIONAL INSTITUTE OF SAN FRANCISCO 2209 Van Ness Avenue San Francisco, CA 94109	673-1720
*	ITALIAN WELFARE AGENCY 678 Green Street San Francisco, CA 94133	362-6423
	JAPANESE FAMILY & CHILDREN'S SERVICE Family Service Agency 1010 Gough Street San Francisco, CA 94109	474-7310
*	JAPANESE NEWCOMERS SERVICE (Nobiru-Kai) 1840 Sutter Street, Suite 201 San Francisco, CA 94115	922-2033
	JEWISH FAMILY SERVICE (Russian/Farsi) 1600 Scott Street San Francisco, CA 94115	567-8860
*	KIMOCHI, INC. 1581 Webster, Street, Room 10 San Francisco, CA 94115	931-2294
*	KOREAN COMMUNITY SERVICE CENTER 3136 Fulton Street San Francisco, CA 94118	386-8333 567-3267
*	LA RAZA INFORMATION CENTER 3174 24th Street San Francisco, CA 94110	826-5855

	MISSION LANGUAGE & VOCATIONAL SCHOOL 2929 19th Street San Francisco, CA 94110	648-5220
*	MULTI-SERVICES CENTER FOR KOREANS 1362 Post Street San Francisco, CA 94109	441-1881
*	ON LOK SENIOR HEALTH SERVICES 1441 Powell Street San Francisco, CA 94133	989-2578
*	POLISH ARTS & CULTURAL FOUNDATION 1290 Sutter Street San Francisco, CA 94115	474-7070
*	RUSSIAN AMERICAN COMMUNITY SERVICES 300 Anza Street San Francisco, CA 94118	387-5336
*	SAMOANS FOR SAMOANS OF CALIFORNIA 2232 Mission Street San Francisco, CA 94110	861-5180
*	SAN FRANCISCO REFUGEE HEALTH AGENCY 220 Golden Gate Avenue San Francisco, CA 94102	673-8435
*	SELF-HELP FOR THE ELDERLY 640 Pine Street San Francisco, CA 94108	982-9171
*	TRAVELERS AID SOCIETY OF SAN FRANCISCO 38 Mason Street San Francisco, CA 94102 P.O. Box 231 (Mailing address) San Francisco, CA 94101	781-6738
*	YWCA - CHINATOWN BRANCH 965 Clay Street San Francisco, CA 94108	397-6883

PROFESSIONAL SOCIETIES & GROUPS

*	AMERICAN SOCIETY OF AGING 833 Market Street, Room 516 San Francisco, CA 94103	543-2617
*	CASE (Coalition of Agencies Serving the Elderly) 1182 Market Street, Room 320 San Francisco, CA 94102	626-1033
	GERONTOLOGICAL SOCIETY 1411 K Street, NW #300 Washington, DC 20005	(202) 393-1411
	NCOA (National Council on Aging) 650 South Spring St., Suite 72 Los Angeles, CA 90014	(213) 622-6151
	NATIONAL INSTITUTE OF SENIOR CENTERS (NCOA) 600 Maryland Avenue, SW, West Wing 100 Washington, DC 20024	(202) 479-1200

RECREATION

*	ARTWORKS AT MT. ZION S.F. INSTITUTE ON AGING MT. ZION HOSPITAL AND MEDICAL CENTER P.O. Box 7921 San Francisco, CA 94115	885-7586
	DOCENT TOURS FOR THE DEAF Fine Arts Museums of San Francisco Golden Gate Park San Francisco, CA 94118	750-3638
	FEEDBACK PRODUCTIONS/TALE SPINNERS Building C, Fort Mason San Francisco, CA 94123	776-8477
*	RECREATION FOR THE HANDICAPPED 207 Skyline Blvd. San Francisco, CA 94132	665-4100
*	SAN FRANCISCO RECREATION & PARK DEPT. McLaren Lodge - Golden Gate Park Stanyan & Fell Streets San Francisco, CA 94117	751-4926
	SAN FRANCISCO TICKET BOX OFFICE (STBS) Union Square (recorded message) Closed Sunday & Monday	433-STBS
*	SPECIAL AUDIENCES, INC. 1182 Market Street, Room 311 San Francisco, CA 94102	552-3505

RESPITE CARE IN SAN FRANCISCO

Out of Home Care

*	FAMILY SURVIVAL 44 Page Street Street, #600 San Francisco, CA 94102	626-6556
*	HOSPICE OF SAN FRANCISCO VNA 401 Duboce Street San Francisco, CA 94117	861-8705
*	KIMOCHI INC. 1581 Webster Street, #10 San Francisco, CA 94115	931-2294
	LAGUNA HONDA HOSPITAL 375 Laguna Honda Blvd. San Francisco, CA 94116	664-1580
*	ON LOK SENIOR HEALTH SERVICES 1441 Powell Street San Francisco, CA 94133	989-2578
*	RECREATION CENTER FOR THE HANDICAPPED 207 Skyline Blvd. San Francisco, CA 94132	665-4100
*	S.F. LINKAGES Mt. Zion Hospital & Medical Center 2356 Sutter Street San Francisco, CA 94115	885-7673
*	S.F. MULTI-PURPOSE SENIOR SERVICES PROGRAM S.F.M.S.S.P. 2356 Sutter Street San Francisco, Ca 94115	885-7590

RESPITE CARE IN SAN FRANCISCO

In Home Care

*	AMERICAN CANCER SOCIETY C/O Miller Bunting Program 545 Post Street San Francisco, CA 94102	673-7979
	AMERICAN NURSING RESOURCE 801 Lincoln Way San Francisco, CA 94122	753-6005
*	ARRIBA JUNTOS CENTER 2017 Mission Street San Francisco, CA 94110	863-9307
	AUNT ANN'S AGENCY 760 Market Street #539 San Francisco, CA 94102	421-8442
	BRISTLE HARAN AGENCY 1724 Sacramento Street #101 San Francisco, CA 94109	775-9100
*	CATHOLIC CHARITIES - S.F. 1049 Market Street San Francisco, Ca 94103	864-7400
	COMPREHENSIVE COMMUNITY HOME HEALTH & HOSPICE P.O. BOX 682 Daly City, CA 94017	991-3333
	HERE'S HELP 135 Presidio Ave San Francisco, CA 94115	931-4357
*	JEWISH FAMILY SERVICE 1600 Scott Street San Francisco, Ca 94115	567-8860
	KIMBERLY NURSING 425 Divisadero Street, #304 San Francisco, CA 94117	864-6333
	LANG AGENCY 150 Powell Street San Francisco, Ca 94102	398-8808

MEDICAL PERSONNEL POOL 1725 Clay Street San Francisco, CA 94109	673-7500
MEYER CARE 760 Market Street #612 San Francisco, CA 94102	362-5650
OLSTEN HEALTH CARE 870 Market Street, #603 San Francisco, Ca 94102	956-8773
PERSONAL CARE HEALTH SERVICE 650 East Blithedale Mill Valley, CA 94941	381-2273
PROFESSIONAL NURSES BUREAU 1375 Sutter Street #412 San Francisco, CA 94109	474-4719
QUALITY CARE 717 Market Street #417 San Francisco, Ca 94103	957-9933
REMEDY HEALTH SERVICE 3195 California Street San Francisco, CA 94115	957-9060
SELF HELP FOR THE ELDERLY 640 Pine Street San Francisco, CA 94108	982-9171
STAFF BUILDERS 77 Geary Blvd. San Francisco, CA 94108	391-0123
STAT NURSING SERVICE 1545 Broadway Street San Francisco, CA 94109	673-9171
UPJOHN HEALTH SERVICE 545 Front Street #103 San Francisco, CA 94111	956-6222

IN HOME CARE (continued)

VNA HOME CARE 225 - 30th Street San Francisco, CA, 94131	641-5144
WESTERN MEDICAL SERVICE 572 Market Street San Francisco, CA 94104	956-4789

SOCIAL DAY CARE PROGRAMS

(Daytime Out Of Home Respite)

	ALZHEIMER DAY CENTER Mt. Zion Hospital Pavilion 2356 Sutter Street, 2nd Floor San Francisco, CA 94115	885-7570
*	JEWISH HOME FOR THE AGED 302 Silver Ave San Francisco, CA 94112	334-2500
*	KIMOCHI, INC. 1531 Sutter Street San Francisco, CA 94115	922-9972
	MONTEFIORE SOCIAL DAY CARE 3200 California Street San Francisco, CA 94118	346-6040
*	NORIEGA SENIOR SERVICE CENTER 3601 Noriega San Francisco, CA 94122	665-0575
*	NORTH OF MARKET MULTIPURPOSE SENIOR SERVICE 333 Turk Street San Francisco, CA 94102	885-2274
*	ON LOK SENIOR HEALTH SERVICES 1441 Powell Street San Francisco, CA 94133	989-2578
*	RECREATION CENTER FOR THE HANDICAPPED 207 Skyline Blvd. San Francisco, CA 94132	665-4100

* All of the San Francisco Adult Day Health Service area provide out of home day time respite and you will find all these services listed in Blue Pages.

Please call the Office of Senior Information 626-1033 for specific respite services provided or call the agency.

SELF-HELP & SUPPORT GROUPS

NOTE: With the exception of the few listings marked with an *, there are no pages with additional information on the following groups. Please call the numbers listed for further information.

Self-Help Directory available - call 921-4401

ALCOHOLISM

AA FOR SENIOR CITIZENS (ALEXIS APTS.) 495-3690
390 Clementina Street
San Francisco, CA 94102

AL-ANON 626-5633
50 Oak Street, Rm. 505
San Francisco, CA 94102

HARBOR LIGHTS (Salvation Army) 864-7000
1275 Harrison Street
San Francisco, CA 94103

ARTHRITIS

* ARTHRITIS FOUNDATION (North California) 673-6882
203 Willow, Suite 201
San Francisco, CA 94109

BURNS

ST. FRANCIS HOSPITAL 775-4321
900 Hyde Street Ext 2580
San Francisco, CA 94109

CANCER

* AMERICAN CANCER SOCIETY 974-1592
973 Market St., Suite 550
San Francisco, CA 94103

FAMILIES OF CANCER PATIENTS 885-7326
Mt. Zion Hospital
1600 Divisadero
San Francisco, CA 94115

CANCER (continued)

MARSHALL HALE HOSPITAL — 386-7000
Cancer Support Group
3773 Sacramento Street
San Francisco, CA 94118
Co-ordinator: Mari Pischenko

ONCOLOGY PATIENT SUPPORT GROUP (2 support groups) — 750-5775
St. Mary's Hospital
450 Stanyan
San Francisco, CA 94117

UNITED OSTOMY CARE — 456-1477
Golden Gate Chapter
P.O. Box 7013
Corte Madera, CA 94925-2013

DEAFNESS

DEAFENED ADULT SOCIAL GROUP — 863-4710
Hearing Society for Bay Area — TTY-863-2550
20 - 10th Street
San Francisco, CA 94103

DIABETES

* AMERICAN DIABETES ASSOCIATION — 397-3373
S.F. Chapter
12 Geary St., #203
San Francisco, CA 94108

DRUGS

NARCOTICS ANONYMOUS — 621-8600

EPILEPSY

EPILEPSY SOCIETY OF SAN FRANCISCO — 474-9075
1728 Union Street, Room 211
San Francisco, CA 94123

GAMBLING

GAMBLERS ANONYMOUS		Toll Free 800	541-7867
In area code 415 call:	6:00 am to 9:00 am		863-4229
	9:00 am to 5:00 pm		534-3878
	5:00 pm to 6:00 am		359-5821

GAY & LESBIAN

* G.L.O.E. Gay, Lesbian Outreach to Elders — 626-7000
Operation Concern - Gay & Lesbian Counseling
1853 Market Street
San Francisco, CA 94103

GENERAL ILLNESS & DISABILITY

UNITED CEREBRAL PALSY — 776-5111
25 Taylor, 5th Floor
San Francisco, CA 94102

GRIEF

* HOSPICE OF SAN FRANCISCO — 861-8705
401 Duboce Street
San Francisco, CA 94117

LINKS - Widow/Widower Program — 661-4400
Health Center #5
1351 24th Avenue
San Francisco, CA 94122

SHANTI PROJECT — 777-2273
525 Howard Street
San Francisco, CA 94105
Counseling and emotional support for persons facing bereavement, and to their family and friends.
Residential program for people with AIDS, practical support program for shopping and physical needs

GRIEF (continued)

WIDOW RESEARCH AND THERAPY PROJECT 476-7510
Langley-Porter Psychiatric Institute
401 Parnassus Avenue
San Francisco, CA 94122

* WIDOW/WIDOWER OUTREACH PROGRAM 567-8860
Jewish Family & Children's Services
1600 Scott Street
San Francisco, CA 94115

* WIDOW/WIDOWER SUPPORT GROUP 864-7400
Catholic Charities
1049 Market St.
San Francisco, CA 94103

HEART DISEASES

HEART TO HEART (American Heart Association) 433-2273
421 Powell Street
San Francisco, CA 94102

LUNG DISEASES

* AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO 543-4410
562 Mission St., Suite 203
San Francisco, CA 94105

BETTER BREATHERS' CLUB 776-1500
American Red Cross Building
1550 Sutter Street
San Francisco, CA 94109

MENTAL ILLNESS

RECOVERY INCORPORATED 351-2540
YWCA
620 Sutter Street
San Francisco, CA 94102

MULTIPLE SCLEROSIS

*	INDEPENDENT LIVING RESOURCE CENTER - San Francisco 4429 Cabrillo San Francisco, CA 94121	751-8765
	SAN FRANCISCO MULTIPLE SCLEROSIS RAP GROUP 520 3rd Street, #104 Oakland, CA 94607	268-0572

STROKE

*	FAMILY SURVIVAL PROJECT 44 Page Street, Rm. 600 San Francisco, CA 94102	626-6556 800 445-8106
	SAN FRANCISCO STROKE CLUB STONESTOWN YMCA STROKE CLUB American Heart Association 421 Powell Street San Francisco, CA 94102	433-2273

WOMEN

	AMERICAN CANCER SOCIETY, SAN FRANCISCO CHAPTER (Reach for Recovery - Breast Cancer Call for other Women's Groups)	974-1592
*	OLDER WOMEN'S LEAGUE 601 Dolores Street San Francisco, CA 94110-1595	550-1660
*	OPTIONS FOR WOMEN OVER 40 3543 - 18th Street San Francisco, CA 94110	431-6944
*	W.O.M.A.N., INC. (Battered Women) Women Organized to Make Abuse Non-Existant 2940 - 16th Street San Francisco, CA 94103	864-4722 Crisis 864-4777 Business

VISUAL HANDICAPS

* NATIONAL ASSOC. FOR VISUALLY HANDICAPPED 221-8754
(Adult Discussion Group)
3201 Balboa Street
San Francisco, CA 94121
Contact: Pam Santos

WEIGHT CONTROL

OVEREATERS ANONYMOUS 665-0851
P.O. Box 962
San Francisco, CA 94101

SENIOR CLUBS, GROUPS, ETC.

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
ALEMANY SENIOR CENTER St. Anthony's Parish Hall Precita Ave and Shotwell Street Mondays, 10:00 am to 3:00 pm No phone			X		
ALEXIS APARTMENTS 390 Clementina Street San Francisco, CA 94103 495-3690		X			
* ALL HALLOWS COMMUNITY 1711 Oakdale Avenue San Francisco, CA 94124 550-1637		X			
AMERICAN ASSOCIATION OF RETIRED PERSONS Numerous chapters in San Francisco For information contact: Jack Richards 564-3435					X
* AQUATIC PARK SENIOR CENTER/S.F. SENIOR CENTER 890 Beach Street San Francisco, CA 94109 775-1866	X	X			

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
BAYVIEW CRISPUS ATTUCKS 1201 Mendell Street San Francisco, CA 94124 64B-1600	X				
* BAYVIEW HUNTERS POINT SENIOR CENTER 1706 Yosemite San Francisco, CA 94124 822-1444	X	X			
BAYVIEW SENIOR CENTER (Double Rock Baptist Church) 1595 Shafter Street San Francisco, CA 94124 822-4566					X
BERNAL HEIGHTS Moultrie & Jarboe San Francisco, CA 94110 285-6252 Thursdays, 10:30 am to 3:00 pm				X	X

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
* BERNAL HEIGHTS COMMUNITY FOUNDATION 515 Cortland San Francisco, CA 94110 648-0330 Monday to Friday, 9:00 am to 2:00 pm	X	X			
BOOKER T. WASHINGTON COMMUNITY SERVICE CENTER 800 Presidio Avenue San Francisco, CA 94115 921-4758 Timothy Dupre	X	X			
* CALIF. ASSN. FOR OLDER AMERICANS (GLIDE SENIORS) 330 Ellis Street, Room 611 San Francisco, CA 94102 771-0226 Rev. Peet					X
CALIF. RETIRED TEACHERS ASSOC. San Francisco Division 681-8210 Catherine Marconi					X
CALVARY PRESBYTERIAN SENIOR CENTER Calvary Presbyterian Church 2515 Fillmore Street San Francisco, CA 94115 346-3832 Rev. Ray Capper Tuesday - 11:00 am to 1:00 pm					X

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
* CANON KIP COMMUNITY HOUSE 705 Natoma Street San Francisco, CA 94103 861-6801	X	X			
* CAPP STREET SENIOR CENTER 362 Capp Street San Francisco, CA 94110 826-0440	X	X			
CAYUGA - Cayuga & Naglee San Francisco, CA 94112 584-9622 Mon/Tues/Fri - 10:30 - 3:00 pm				X	
CENTRAL CITY HOSPITALITY HOUSE 146 Leavenworth Street San Francisco, CA 94102 776-2102 Art workshops for all ages					X
CHALMERS Brunswick & Wittier San Francisco, CA 94112 586-2280 Thursday 10:30 - 3:00 pm				X	
CHINESE CENTER Washington & Mason Street San Francisco, CA 94108 885-2883 1st & 3rd Tuesday 11:00 - 2:00 pm				X	

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
CONGREGATION ADATH ISRAEL 1851 Noriega Street San Francisco, CA 94122 564-5665		X			X
CONGREGATION BETH SHALOM 320 15th Avenue Monday through Thursday 14th & Clement at Friedman Hall Fridays and Holidays San Francisco, CA 94118 221-1025		X			X
CONGREGATE MEALS For information and list of sites, call 626-103 Senior Information, Referral & Health Promotion					
CORPUS CHRISTI SENIOR CITIZENS CLUB Church Auditorium, Santa Rosa & Alemany San Francisco, CA 94112 333-2792 Thursday 10:00 to 3:00 pm			X		
CROCKER AMAZON Italy & Moscow Street San Francisco, CA 94112 333-4797 Mon, Tues, Wed and Friday		X		X	

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
DIAMOND SENIOR CITIZENS CLUB St. Philips Church Thursday - 11:00 to 1:00 pm			X		
* DIAMOND SENIOR (Haight-Ashbury Senior Services) 117 Diamond Street San Francisco, CA 94114 863-3507	X	X			
DOELGER SENIORS CENTER 101 Lake Merced Daly City, CA 94015 991-8012	X				
* DOWNTOWN SENIOR CENTER 481 O'Farrell Street San Francisco, CA 94102 771-7950	X	X			
EPIPHANY'S SENIOR CITIZEN'S CLUB Church of the Epiphany - C.Y.O. Room Corner of Amazon Avenue & Naples Street No phone Friday - 11:45 to 2:45 pm			X		
EUREKA VALLEY 18th & Collingwood Street San Francisco, CA 94114 863-3531 Wednesday - 10:30 to 3:00 pm				X	

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
EXCELSIOR Russia & Madrid San Francisco, CA 94112 585-3008 Thursday 10:30 to 3:00 pm				X	
FIL-AMERICAN SENIOR CITIZEN'S CENTER 3483 Mission Street San Francisco, CA 94110 285-2076	X				
* FILIPINO-AMERICAN COUNCIL OF SAN FRANCISCO 2948 - 16th Street San Francisco, CA 94103 626-0773	X	X			
FORTNIGHTERS OF FIRST CONGREGATIONAL CHURCH 432 Mason Street San Francisco, CA 94102 392-7461 Every other Saturday					X
* FRANCIS OF ASSISI 145 Guerrero Street San Francisco, CA 94103 861-5790/621-4092	X	X			
* FRIENDSHIP CENTER 711 Eddy Street San Francisco, CA 94109 775-5052	X				

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
GLEN PARK Elk & Chenery Street San Francisco, CA 94131 585-2875 Tuesday - 10:30 to 3:00 pm				X	
* GLIDE SENIOR NETWORK 330 Ellis Street San Francisco, CA 94102 771-0226 Meets every Thursday					X
GOLDEN GATE PARK SR. CENTER 6101 Fulton Street San Francisco, CA 94121 751-4926 Open 7 days 10:00 to 5:00 pm Also open 2 nights - call for hours	X				
* HAIGHT ASHBURY SENIOR SERVICES 1350 Waller Street San Francisco, CA 94117 621-1112	X	X			
HAMILTON Geary & Steiner Street San Francisco, CA 94115 931-0930 Wednesday - 10:30 to 3:00 pm				X	

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
HOLY NAME SENIOR PARISHIONERS CLUB Library Room (Enter by schoolyard) 3240 Lawton San Francisco, CA 94122 No phone Thursday - 11:00 to 2:00 pm			X		
* INGLESIDE PRESBYTERIAN CHURCH INGLESIDE SENIOR CENTER 1345 Ocean Ave San Francisco, CA 94112 587-4472	X	X			
JOSEPH LEE Oakdale & Mendell San Francisco, CA 94124 822-9040 Wednesday - 10:30 to 3:00 pm Mon-Fri - Nutrition Site	X	X			
* KIMOCHI, INC. 1581 Webster Street, #10 San Francisco, CA 94115 931-2294	X	X			
* KOREAN COMMUNITY SERVICE CENTER 3136 Fulton Street San Francisco, 94118 567-3267 386-8333	X	X			

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
LAGUNA HONDA SENIOR NUTRITION PROGRAM 375 Laguna Honda Blvd. San Francisco, CA 94116 664-1580		X			
LATIN AMERICAN NAT'L CITIZENS ASSOCIATION (LANSCA) 1241 Valencia Street San Francisco, CA 94131 282-6331					X
L'CHAIM RUSSIAN EMIGRE SENIOR CENTER 751 - 25th Ave San Francisco, CA 94121 386-0664	X	X			
LINCOLN PARK PRESBYTERIAN CHURCH "LINCOLN PARK SENIOR CENTER" 417 - 31st Avenue San Francisco, CA 94121 751-1140 Wednesday, 10-2 Bag Lunch	X				
* LOS MAYORES DE CENTRO LATINO 180 Fair Oaks San Francisco, CA 94110 826-1647 826-3411 (Transportation) Center and lunch - Monday, Tuesday, Wednesday & Friday	X	X			

SENIOR CLUBS, GROUPS, ETC. (con't)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
MANILA TOWN SENIOR CENTER (Serving Filipino elderly) 650 Commercial Street San Francisco, CA 94111 982-3398	X	X			
* MARTIN DE PORRES HOUSE 225 Potrero Ave San Francisco, CA 94103 550-0240		X			
MIDTOWN TERRACE Clarendon Drive & Olympia Way San Francisco, CA 94131 564-1347				X	
MIRALOMA COMMUNITY CHURCH 480 Teresita Blvd. San Francisco, CA 94127 333-2239 Contact: Betty Suen					X
MISSION SENIOR CLUB 19th & Linda Street San Francisco, CA 94110 550-0604 Thurday - 10:00 to 2:00 pm				X	
* MONTEFIORE SENIOR CENTER 3200 California Street San Francisco ,CA 94118 346-6040	X	X			

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE), Chapter #65 129 Beaumont Avenue San Francisco, CA 94118 921-6082 Ralph M. Hockley, President					X
* NATIVE AMERICAN INDIAN SENIOR CENTER 542 Hayes Street San Francisco, CA 94103 431-7030	X	X			
* NOE VALLEY SENIOR CENTER 1021 Sanchez Street San Francisco, CA 94114 648-1030	X	X			
* NORIEGA SENIOR SERVICES CENTER Office: 1819 - 43rd Avenue San Francisco, CA 94122 665-0575 Center: 3601 Noriega Street San Francisco, CA 94122 665-6844 (Monday - Multi-purpose Tuesday-Friday, Social Day Care)	X	X			

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
NORTH BEACH SENIOR CITIZEN CLUB St. Peter & Paul Church (Girls Gym) 621 Filbert Street San Francisco, CA 94133 No phone Tuesday - 1:00 to 3:00 pm			X		
* NORTH OF MARKET SENIOR SERVICE CENTER 333 Turk Street San Francisco, CA 94102 885-2274	X	X			
OLD FIRST PRESBYTERIAN 1751 Sacramento Street San Francisco, CA 94109 776-5552 Monday	X				
OLD ST. MARY'S SENIOR PARISHIONERS CLUB St. Mary's Center No phone Friday - 12:30 to 2:30 pm Members may attend mass at 2:05			X		
* OMI SENIOR NEIGHBORHOOD CENTER 400 Randolph Street San Francisco, CA 94132 587-1443	X	X			
OUR SAVIOR LUTHERAN CHURCH 1011 Garfield San Francisco, CA 94132 586-7890 Thursday, 10:00 am to 2:00 pm					X

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
PARKSIDE SENIOR CENTER 2540 Taraval San Francisco, CA 94116 Thursday					X
* POTRERO HILL NEIGHBORHOOD HOUSE 953 DeHaro Street San Francisco, CA 94107 826-8080		X			X
PRESBYTERIAN CHURCH-CHINATOWN 925 Stockton Street San Francisco, CA 94108 392-1500 Wednesdays - 10:00 to 2:00 pm					X
PRIDE SENIORS 890 Hayes Street San Francisco, CA 94117 558-8127		X			
ROSA PARK SENIOR CENTER 1111 Buchanan Street San Francisco, CA 94115 921-2424 Monday to Friday - 10:00 to 5:00 pm	X	X			
* ROSE RESNICK CENTER FOR THE BLIND AND HANDICAPPED 1299 Bush Street San Francisco, CA 94109 441-1980	X				

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
* RUSSIAN AMERICAN COMMUNITY SERVICES 300 Anza San Francisco, CA 94118 387-5336	X	X			
ST. AGNES ADULT CENTER St. Agnes Church 1025 Masonic Ave San Francisco, CA 94117 Meets 2nd & 4th Friday			X		
ST. ANNE'S ADULT CLUB School Cafeteria 1330 - 14th Avenue San Francisco, CA 94122 No phone Monday - 1:00 to 3:00 pm			X		
ST. ANNE'S SENIOR CLUB 300 Lake Street San Francisco, CA 94118 No phone Mondays, 1:00 -3:00 pm			X		
ST. BRENDAN'S SENIOR CLUB 29 Rockaway Avenue San Francisco, CA 94127 No phone Meets periodically			X		
ST. CECILIA'S SENIOR CENTER 2555 - 17th Avenue, Green Room San Francisco, CA 94116 No phone Wednesday - 10:00 to 1:30 pm			X		

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
ST. ELIZABETH'S OVER 50 CLUB School Auditorium Wayland & Somerset Streets No phone Thursday - 12:30 to 2:30 pm			X		
ST. ELIZABETH'S YOUNG AT HEART 100 Masonic San Francisco, CA 94118 No phone Monday - 11:00 to 2:00 pm			X		
ST. EMYDIUS SENIOR CITIZEN'S CLUB DYNAMIC GOOD NEIGHBORS 270 Ashton Street San Francisco, CA 94112 No phone 2nd & 4th Wednesdays - 10:30 to 2:30 pm			X		
ST. FINN BARR SR. CITIZEN'S CLUB 415 Edna San Francisco, CA 94112 No phone Wednesday - 1:00 to 3:00 pm			X		
* ST. FRANCIS MEAL SERVICE First Congregational Church Post & Mason Streets - 432 Mason San Francisco, CA 94102 392-7463	X	X			

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
ST. JOHN'S SENIOR CITIZENS' CLUB 19th Street & Mary's Avenue San Francisco, CA 94103 No phone Monday - 11:00 to 2:00 pm			X		
ST. MARKS LUTHERAN CHURCH SR. CENTER 1101 O'Farrell Street San Francisco, CA 94109 928-7770 Friday only - Hot lunch on Friday					X
ST. MARY'S CATHEDRAL SR. CITIZENS' CLUB Lower level, entrance on Gough Street No phone Monday - 1:00 to 3:00 pm			X		
ST. MARY Justin & Murray San Francisco, CA 94112 826-2336 Tuesday - 10:30 to 3:00 pm				X	
ST. MICHAEL'S GOLDEN AGER'S CLUB 32 Broad Street (Rectory) San Francisco, CA 94112 No phone 1st & 3rd Thursday - 1:00 to 3:00 pm			X		
ST. PAUL'S GOLDEN AGERS CLUB 221 Valley Street, Rectory Hall San Francisco, CA 94131 No phone Tuesday - 1:00 to 3:00 pm			X		

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
ST. PETER'S SENIOR CENTER 1200 Florida Street San Francisco, CA 94110 No phone Friday - 10:00 to 2:00 pm			X		
ST. STEPHEN'S SR. SOCIAL CLUB Donworth Hall 475 Eucalyptus Drive San Francisco, CA 94132 No phone Thursday - 11:00 to 2:00 pm			X		
ST. THERESA'S SR. CITIZENS CLUB Church Hall 19th & Connecticut Streets No phone Friday - 1:00 to 2:00 pm			X		
ST. VINCENT DE PAUL SENIOR CENTER 705 Natoma Street San Francisco, CA 94103 No phone Mon, Thurs, & Friday - 1:00 to 3:00 pm			X		

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
SALVATION ARMY MISSION SENIOR CORPS 1156 Valencia Street San Francisco, CA 94110 648-0276	X	X			
* SALVATION ARMY SENIOR ACTIVITY CENTER 360 - 4th Street San Francisco, CA 94107 777-2677	X	X			
SALVATION ARMY 125 Valencia Street San Francisco, CA 94103 863-1996	X	X			
SALVATION ARMY - SILVERCREST 133 Shipley Street San Francisco, CA 94107 543-5381		X			
* SALVATION ARMY SR. NUTRITION PROGRAM SITE INFO. 360 - 4th Street San Francisco, CA 94107 777-2677		X			
* SALVATION ARMY TURK STREET SENIOR CENTER 240 Turk Street San Francisco, CA 94102 928-7078	X	X			

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
SAN FRANCISCO CHINATOWN CORPS 450 Powell Street San Francisco, CA 94133 781-7360	X	X			
* SAN FRANCISCO SENIOR CENTER 890 Beach Street (Aquatic Park) San Francisco, CA 94109 775-1866 771-2666-TTY	X	X			
SECOND SPRINGTIMERS St. Paul of the Shipwreck 1122 Jamestown Avenue San Francisco, CA 94124 467-0660 2nd & 4th Fridays 10:00 to 12:00 pm			X		
* SELF-HELP FOR THE ELDERLY 640 Pine Street San Francisco, ca 94108 982-9171	X	X			
SELF-HELP FOR THE ELDERLY - RICHMOND 741 - 30th Avenue San Francisco, CA 94121 751-3394	X	X			
* SERVICES FOR SENIORS, INC. 1500 Laguna Street San Francisco, Ca 94115 922-5438	X	X			

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
SEVEN TWO FIVE DIAMOND STREET SENIOR CITIZENS CLUB St. Phillip's Church, Small Hall Thursday - 11:00 to 1:00 pm			X		
SEVENTH AVENUE PRESBYTERIAN CHURCH Senior Center 1329 - 7th Avenue San Francisco, CA 94122 664-2543 Thursday					X
SILVER BELLES St. Paul's Church Hall (under church) No phone Thursday - 10:00 to 2:00 pm			X		
* SPRING GARDENS 70 Oak Street San Francisco, CA 94102 552-5545	X				
SOO YUEN BENEVOLENT ASSOC. 806 Clay Street San Francisco, CA 94108 421-0601	X				

SENIOR CLUBS, GROUPS,ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
* SUNSET SENIOR CENTER 1090 Quintara San Francisco, CA 94116 664-0915	X	X			
SUNSET SR. CENTER 28th Avenue & Lawton San Francisco, CA 94122 731-0897 Wednesday - 10:30 to 2:30 pm				X	
SWINGING SIXTIES, THE St. Vincent de Paul Church 2320 Green Street, (Chapel) No phone 1st Tuesday - 1:30 to 3:30 pm			X		
* TELEGRAPH HILL NEIGHBORHOOD ASSOCIATION 660 Lombard Street San Francisco, CA 94133 421-6443	X	X			
TELEPHONE PIONEERS OF AMERICA 180 Montgomery Street, Room 820 San Francisco, CA 94105 542-7053 Contact Person: Rachel Alvarez					X
TEMPLE 8APTIST CHURCH SENIOR CENTER 3355 - 19th Avenue San Francisco, CA 94132 566-4080 Monday					X

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
* THIRTIETH STREET SENIOR CENTER 225 - 30th Street San Francisco, CA 94131 285-5615	X	X			
ULLOA STREET SR. CENTER St. Gabriel's School Cafeteria 2535 - 40th Ave San Francisco, CA 94116 731-3374 Irene Cassidy, Pres. Wednesday, 2:00-4:00 pm			X		
UPPER NOE Day & Sanchez Streets San Francisco, CA 94131 647-2474 Wednesday - 11:30 to 3:00 pm				X	
* VISITATION VALLEY SENIOR CENTER 66 Raymond Avenue San Francisco, CA 94134 467-4499	X	X			
* WESTERN ADDITION SENIOR CENTER 1390 1/2 Turk Street San Francisco, CA 94115 921-7805	X	X			

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
WEST PORTAL Lenox Way & Ulloa San Francisco, CA 94127 664-3535 Friday - 11:30 to 2:30 pm				X	
WEST SUNSET 39th Avenue & Ortega San Francisco, CA 94127 661-8841 Tuesday - 10:00 to 3:00 pm				X	
* WOOLF HOUSE 801 Howard Street San Francisco, Ca 94103 495-0837		X			
* YMCA - CENTRAL BRANCH 220 Golden Gate Ave San Francisco, 94102 885-0460 Ext. 281	X				
* YMCA - MISSION BRANCH 4080 Mission Street San Francisco, CA 94112 586-6900 586-3030 - Seniors	X	X			
* YMCA - RICHMOND BRANCH 360 - 18th Avenue San Francisco, CA 94121 668-2060	X				

SENIOR CLUBS, GROUPS, ETC. (cont'd)

	MULTIPURPOSE SENIOR GROUPS	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTERS	SENIOR CITIZEN GROUPS
* YMCA - STONESTOWN BRANCH 333 Eucalyptus Drive San Francisco, CA 94132 759-9622	X	X			
* YWCA 620 Sutter Street San Francisco, CA 94102 775-6504 (See St. Francis Meal Service)	X	X			
* YWCA - CHINATOWN BRANCH 965 Clay Street San Francisco, CA 9410B 397-6883	X				

SOCIAL SERVICE

*	AMERICAN RED CROSS 1550 Sutter Street San Francisco, CA 94109	776-1500
*	CATHOLIC CHARITIES (With Catholic Committee for the Aging) 1049 Market Street San Francisco, CA 94103	864-7400
*	CHINESE NEWCOMERS SERVICES 777 Stockton Street, Room 104 San Francisco, CA 94108	421-0943
*	DOWNTOWN SENIOR SOCIAL SERVICES 240 Jones Street San Francisco, Ca 94102	441-8762
*	FAMILY SERVICE AGENCY OF SAN FRANCISCO 1010 Gough Street San Francisco, Ca 94109	474-7310
*	INTERNATIONAL INSTITUTE 2209 Van Ness Avenue San Francisco, CA 94109	673-1720
*	ITALIAN WELFARE AGENCY, INC. 678 Green Street San Francisco, CA 94133	362-6423
	JAPANESE FAMILY SERVICE PROGRAM 1010 Gough Street San Francisco, CA 94109	474-7310
*	JAPANESE NEWCOMERS (Nobiru Kai) 1840 Sutter Street San Francisco, CA 94115	922-2033
*	JEWISH COMMUNITY CENTER OF SAN FRANCISCO 3200 California Street San Francisco, CA 94118	346-6040
*	JEWISH FAMILY & CHILDRENS' SERVICE 1600 Scott Street San Francisco, CA 94115	567-8860
*	KOREAN COMM. SERVICE CENTER 3136 Fulton Street San Francisco, CA 94118	567-3267

*	NATIVE AMERICAN HEALTH BOARD INC. 56 Julian Avenue San Francisco, Ca 94103	621-8051
*	NORIEGA SENIOR SERVICES CENTER 1819 - 43rd Avenue San Francisco, CA 94122	665-6844
*	NORTH OF MARKET MULTIPURPOSE SENIOR SERVICES 333 Turk Street San Francisco, CA 94102	885-2274
*	POLISH ARTS & CULTURAL FOUNDATION 1290 Sutter Street San Francisco, CA 94115	474-7070
*	RUSSIAN AMERICAN COMMUNITY SERVICE 674 - 37th Avenue San Francisco, CA 94121	387-5336
*	ST. ANTHONYS' DINING ROOM 45 Jones Street San Francisco, CA 94102	552-3838
*	SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES 170 Otis Street San Francisco, CA 94102	557-5251
*	SALVATION ARMY CENTER FOR SOCIAL SERVICES 445 - 9th Street San Francisco, CA 94103	861-0755
*	SAN FRANCISCO SENIOR CENTER (Aquatic Park) 890 Beach Street San Francisco, CA 94109	775-1866
*	SELF-HELP FOR THE ELDERLY 640 Pine Street San Francisco, CA 94108	982-9171
*	SENIOR RESOURCES 1750 - 29th Avenue San Francisco, CA 94122	753-2405
*	SERVICES FOR SENIORS 1500 Laguna Street San Francisco, CA 94115	922-5438
*	TRAVELERS AID SOCIETY OF SAN FRANCISCO 38 Mason Street San Francisco, CA 94102 Mailing address: P.O. Box 230 San Francisco, CA 94101	781-6738

TELEPHONE RE-ASSURANCE PROGRAMS

*	ADULT BENEVOLENT ASSOCIATION OF ST. ANTHONY FOUNDATION 121 Golden Gate Avenue San Francisco, CA 94102	552-1169
*	FRIENDSHIP LINE FOR THE ELDERLY 3940 Geary Blvd. San Francisco, CA 94118	752-3778
*	JEWISH FAMILY AND CHILDREN'S SERVICE 1600 Scott Street San Francisco, CA 94115	567-8860
*	NORIEGA SENIOR SERVICES CENTER 3601 Noriega San Francisco, CA 94122	665-6844
*	OPERATION CONCERN (G.L.O.E.) Gay & Lesbain Outreach to Elderly 1853 Market Street San Francisco, CA 94103	626-7000
*	TENDERLOIN ELDER FRIENDS 942 Market Street San Francisco, CA 94102	989-6097

TRANSPORTATION & ESCORT

TRANSPORTATION:

	AMBUTRANS 2238 Geary Street San Francisco, CA 94115 $25 plus $2.00 a mile Takes MediCal	931-3036
	AMTRAK INFORMATION	982-8512
*	AMERICAN CANCER SOCIETY 973 Market Street San Francisco, CA 94103	974-1592
	BART INFORMATION	788-2278
	BAY REGION TRANSIT DISCOUNT 949 Presidio Ave. San Francisco, CA 94115 or 508 - 16th Street Oakland, CA 94612	923-6070 891-4706
	M.V. TRANSPORTATION 700 - 16th Street San Francisco, CA 94107	558-9775 558-8885
*	E.T.C. - ELDERLY TEEN CONNECTION (Formerly Young Life S.F.) 222 Plymouth San Francisco, CA 94112	584-0300
	FREE WHEELERS Laguna Honda Hospital	664-3620
	GOLDEN GATE REGIONAL TRANSIT DISCOUNT CARD FOR 65+ Go to the Golden Gate Toll Plaza	921-5858
	LORRIES AIRPORT SERVICE	626-2113
	MOBILE ASSISTANCE PATROL (MAP)	431-7400
	MUNI INFORMATION	673-6864

*	PARATRANSIT SERVICES 1109 Oak Street San Francisco, CA 94117	552-7908
*	ROSE RESNICK CENTER FOR THE BLIND & THE HANDICAPPED 1299 Bush Street San Francisco, CA 94109	441-1980
*	RUSSIAN AMERICAN COMMUNITY SERVICE 300 Anza San Francisco, CA 94118	387-5336
	SAN FRANCISCO AMBULANCE CO. 2829 California Street San Francisco, CA 94115	931-3900
	U.C.S.F. MEDICAL CENTER TRANSPORTATION SERVICE 401 Parnassus Ave San Francisco, CA 94143	476-1655

* SENIOR ESCORT OUTREACH PROGRAM

Main Office: 1049 Market Street , #607 San Francisco, CA 94103	863-0303
Chinatown: 948 Pacific Ave San Francisco, CA 94133	391-5686
Hunters Pt./Bayview: 1535 Newcomb Ave, Suite 200 San Francisco, CA 94124	285-2500
Mission: 180 Fair Oaks San Francisco, CA 94110	824-7550
North of Market/Tenderloin: 330 Ellis Street, #518 San Francisco, CA 94103	673-8600
Potrero: 1060 Tennessee San Francisco, CA 94107	648-3743
Western Addition: 1240 Fillmore Street, #203 San Francisco, CA 94115	931-2350
Western Addition Walking Patrol: 1280 Laguna Street San Francisco, CA 94115	922-6807
South of Market: 1049 Market Street, #609 San Francisco, CA 94103	863-0444
SENIOR ESCORT OF VISITACION VALLEY 590 Leland Avenue San Francisco, CA 94134	239-6233

VOLUNTEERS

*	CATHOLIC COMMITTEE FOR THE AGING 1049 Market Street San Francisco, CA 94103	558-7190
*	FRIENDSHIP CENTER 711 Eddy Street San Francisco, CA 94109	775-5052
	NATIONAL COUNCIL ON ALCOHOLISM 1049 Market Street, #507 San Francisco, CA 94102	861-4000
*	OMBUDSMAN - Long Term Care FAMILY SERVICE AGENCY 916 Eddy Street San Francisco, CA 94109	474-8757
*	RETIRED SENIOR VOLUNTEER PROGRAM 2101 - 20th Avenue San Francisco, CA 94116	731-3335
*	ST. ANTHONY DINING ROOM 121 Golden Gate Avenue San Francisco, CA 94102	552-3838
	SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICE Volunteer Services Program 150 Otis Street San Francisco, CA 94103	557-5687
*	SCORE - Service Corps of Retired Executives 211 Main Street, 4th Fl. San Francisco, CA 94105	974-0599
	SEALS - Seniors Eager for Active Lives Mt. Zion Hospital P.O. Box 7921 San Francisco, CA 94120	885-7353
*	SEER PROJECT - Seniors Enriching Educative Roles S.F. SCHOOL VOLUNTEER 135 Van Ness Avenue San Francisco, CA 94102	864-4230?
	SENIOR RESOURCES 1750 - 29th Avenue San Francisco, CA 94122	753-2405 753-2406

VOLUNTEERS

	TENDERLOIN ELDER FRIENDS 942 Market Street, #612 San Francisco, CA 94102	989-6097
*	THIRTIETH STREET SENIOR SERVICES Volunteer Interchange Program (VIP) 225 - 30th Street San Francisco, CA 94131	285-5615
*	UNITED WAY INFORMATION & REFERRAL 1435 Market Street, 4th Fl. San Francisco, CA 94103	772-4444 772-4537
*	VOLUNTEER CENTER OF SAN FRANCISCO 1090 Sansome Street San Francisco, CA 94111	982-8999
*	VOLUNTEER PROGRAM - SAN FRANCISCO GENERAL 1001 Potrero Avenue San Francisco, CA 94110	821-8193

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The Table of Contents is a section in the Resource Guide which will explain any acronym, or if the agency had a name change, or if the name of the agency seems a bit obscure, we give a brief description of their services.

ADULT BENEVOLENT ASSOCIATION OF ST. ANTHONY'S FOUNDATION
(Adult Information Digest)

AIDS HOME CARE PROGRAM OF VISITING NURSES & HOSPICE OF SAN FRANCISCO

ALCOHOL EVALUATION & TREATMENT CENTER
(S.F. General Hospital)

AL-ANON
(Support group for people with emotional ties to an alcoholic)

ALCOHOLIC ANONYMOUS

ALEXIS APARTMENTS

ALL HOLLOWS COMMUNITY (Salvation Army meal site)

ALUMNAE RESOURCES - (Career Development for women in transition)

ALZHEIMER DAY CENTER
(San Francisco Institute on Aging - Mt. Zion)

AMERICAN CANCER SOCIETY, (San Francisco Unit)

AMERICAN CIVIL LIBERTIES UNIVERSITY OF NORTHERN CALIFORNIA
(A.C.L.U.)

AMERICAN DIABETES ASSOCIATION, SAN FRANCISCO CHAPTER

AMERICAN HEART ASSOCIATION, SAN FRANCISCO CHAPTER

AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO
(Also TEL-MED)

AMERICAN RED CROSS

AMERICAN SOCIETY ON AGING (Formerly Western Gerontological Society)
(Organization of professionals in Gerontology)

AQUATIC PARK (See S.F. Senior Center)

ARRIBA JUNTOS CENTER (Formerly OBECA - ARRIBA JUNTOS)
(Employment Services)

ARTHRITIS FOUNDATION (Northern California Chapter)

ARTWORKS AT MT. ZION (Serves the homebound)

ASIAN LAW CAUCUS

ATTORNEY'S REFERENCE PANEL (S.F. Lawyers Club)

BAY AREA PHYSICIANS FOR HUMAN RIGHTS
(Referral services of physicians sensitive to gay people)

BAYVIEW CRISPUS ATTUCKS (Senior Center)

BAYVIEW HUNTER'S POINT ADULT DAY HEALTH CENTER

BAYVIEW HUNTER'S POINT SENIOR CENTER

BERNAL HEIGHTS COMMUNITY FOUNDATION

BRIDGEWAY PROJECT (Salvation Army)
(Alcohol Residential Facility)

CADILLAC HOTEL (Emergency Housing with Referral)

CALIFORNIA ABLE (Employment Service for Seniors)

CALIFORNIA COLLEGE OF PODIATRIC MEDICINE
(See Pacific Coast Hospital & Foot Clinics)

CALIFORNIA LEAGUE FOR THE HANDICAPPED (See Rose Resnick Center)

CALIFORNIA LEGISLATIVE COUNCIL FOR OLDER AMERICANS

CALIFORNIA MEDIVAN (Formerly Handy Wheels)
Now M.V. Transportation

CALIFORNIA STATE DEPARTMENT OF REHABILITATION

CANCER (See American Cancer Society)

CANON KIP COMMUNITY HOUSE

CAPP STREET SENIOR CENTER (Formerly Mission Neighborhood Center)

CASA DE LAS MADRES (Also La Casa de las Madres)

CASE (Coalition of Agencies Serving the Elderly)

CATHOLIC CHARITIES - SAN FRANCISCO
(Formerly Catholic Social Services)

CATHOLIC COMMITTEE FOR THE AGING

CENTER FOR LEARNING IN RETIREMENT (CLIR) U.C. Extension

CENTER FOR SOUTHEAST ASIAN REFUGEE RE-SETTLEMENT

CENTER ON DEAFNESS (University of California)

CENTRAL CITY HOSPITALITY HOUSE

CEREBRAL PALSY (See United Cerebral Palsy)

CHINESE NEWCOMERS SERVICE CENTER

CITY AMBULANCE

CIVIL SERVICE COMMISSION (City & County of S.F.)

CLEARING HOUSE FOR HOME DELIVERED MEALS

COMMUNI - CALL EMERGENCY MEDICAL BUTTON
(PRESBYTERIAN & ST. FRANCIS HOSPITAL)

COMMUNITY MUSIC CENTER
(Private lessons for people of all ages)

COMING HOME HOSPICE OF VISITING NURSES

COMMUNITY SUBSTANCE ABUSE SERVICES

CONSORTIUM FOR ELDER ABUSE PREVENTION
(Mt. Zion Hospital)

CONSUMER CREDIT COUNSELORS OF S.F. and the peninsula

CONSUMER & ENVIRONMENTAL PROTECTION UNIT
S.F. DISTRICT ATTORNEY'S OFFICE (Formerly consumers fraud)

DIABETES (See American Diabetes)

DIAMOND SENIOR CENTER (Division of Golden Gate Senior Services Corp.)

DISTRICT ATTORNEY'S OFFICE
(See Consumer & Environmental Protection unit, S.F.)

DOCENTS OF THE DEAF (M.H. de Young Museum)

DOWNTOWN SENIOR CENTER (Branch of San Francisco Senior Center)

DOWNTOWN SENIOR SOCIAL SERVICES (Part of downtown Senior Center)

ECONOMIC OPPORTUNITY COUNCIL
Senior Community Employment Program

ECONOMIC OPPORTUNITY COUNCIL
Free Weatherization & Energy Assistance Program

ELDERCARE PROGRAM (S.F. Dept. of Public Health)

EMPLOYMENT DEVELOPMENT DEPT. (E.D.D.)
State of California

EMPLOYMENT PROJECT FOR THE PHYSICALLY DISABLED

E.T.C. (ELDERLY TEEN CONNECTION) formerly Young Life S.F.
Students help seniors with chores.

EXPERIENCE PLUS (Job Search Workshops)

FAMILY SERVICE AGENCY OF SAN FRANCISCO
Foster Grandparent, Ombudsman, Japanese Family Service
and Senior Companion

FAMILY SURVIVAL PROJECT (Info and re-assurance to brain damaged individuals and their families).

FEEDBACK PRODUCTIONS, INC. TALE SPINNERS
(Fort Mason Center)

FILIPINO - AMERICAN COUNCIL OF SAN FRANCISCO, INC.

FOSTER GRANDPARENT PROGRAM (Family Service Agency)

F.R.A.I.L. (Financial Resource Assist Independent Living)

FRANCIS OF ASSISI COMMUNITY ADULT DAY ACTIVITY CENTER

FREDERICK CORDES EYE CLINIC (U.C.S.F.)
U.C. Medical Center

FRIENDSHIP CENTER (Volunteer Senior Support Group)
A component of services for seniors.

FRIENDSHIP LINE FOR THE ELDERLY

FROMM INSTITUTE for Lifelong Learning

GERIATRIC ASSESSMENT SERVICE (Mt. Zion)

GERIATRIC MEDICAL CLINIC OF MT. ZION

GERIATRIC MENTAL HEALTH SERVICE (Central City Seniors)
S.F. Community Mental Health

GERIATRIC MENTAL HEALTH (Chinatown, North Beach)
S.F. Community Mental Health

GERIATRIC MENTAL HEALTH (Family Service Agency)
S.F. Community Mental Health

GERIATRIC MENTAL HEALTH (Southeast Mission)
S.F. Community Mental Health

GERIATRIC MENTAL HEALTH (Western, Sunset, Richmond, OMI)
S.F. Community Mental Health

THE GERONTOLOGICAL SOCIETY OF AMERICA

GLIDE SENIOR NETWORK (Advocacy for Seniors)

GOLDEN GATE FOR SENIORS (Recovery Home Alcohol)

GOLDEN GATE SENIORS SERVICES CORP.
Supervises: Haight Ashbury Center, Diamond Senior Center, Noe Valley

GOODWILL INDUSTRIES OF SAN FRANCISCO

GRAY PANTHERS (Advocacy for senior issues)

HAIGHT ASHBURY FREE MEDICAL CLINIC

HAIGHT ASHBURY SENIOR CENTER

HARBOR LIGHTS (Non Medical Detox) Salvation Army

HARRIET STREET CENTER (Alcohol Outpatient Center)

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)
Program of legal assistance to the elderly

HEARING SOCIETY FOR THE BAY AREA

HEART (See American Heart Association)

HOME EQUITY CONVERSION (See Independent Living)

HOSPICE
Program of visiting nurses and hospice of San Francisco

HOUSING AUTHORITY

HOUSING CONSERVATION AND DEVELOPMENT CORPORATION

INCOME RIGHTS PROJECT (Assists with Social Security and SSI problems)

INDEPENDENT HOUSING SERVICES

INDEPENDENT LIVING RESOURCE CENTER SAN FRANCISCO

INGLESIDE SENIOR CENTER

INSTITUTE ON AGING (See S.F. Multi-purpose Senior Service Program At Mt. Zion)

INTERNATIONAL INSTITUTE

ITALIAN WELFARE AGENCY, INC.

JAPANESE FAMILY SERVICE PROGRAM (Part of Family Service Program)

JAPANESE NEWCOMERS (NOBIRU KAI)

JEWISH FAMILY & CHILDRENS SERVICE

JEWISH HOME FOR THE AGED

JEWISH VOCATIONAL & CAREER COUNSELING

JOSEPH LEE RECREATION CENTER

KIMOCHI INC.

KOREAN COMMUNITY SERVICE CENTER

LAGUNA HONDA ADULT DAY HEALTH SERVICES

LA RAZA INFORMATION CENTER

LATINO FAMILY ALCOHOLISM COUNSELING CENTER

LAWYER REFERRAL SERVICE OF S.F. BAR ASSOCIATION

L'CHAIM RUSSIAN EMIGRE SERVICE CENTER

LEGAL ASSISTANCE TO THE ELDERLY

LEGAL ASSISTANCE TO THE ELDERLY
(Health Insurance Counseling and Advocacy Program) HICAP

LIFELINE EMERGENCY - MEDICAL BUTTON PROGRAM
Mt. Zion and Ralph K. Davis Hospitals

LIGHTHOUSE FOR THE BLIND

LIGHTHOUSE - P.M.C. LOW VISION SERVICE

LINKAGES (See San Francisco Linkages)

LINKS (Support group for widows & widowers)

LORRIES AIRPORT SERVICE

LOS MAYORES DE CENTRO LATINO

LUNG (See American Lung Association)

LUTHERAN CARE FOR THE AGING INFO. & REF.
(Formerly Lutheran Care for the Aging)

MARTIN DE PORRES HOUSE (Free Food Restaurant)

MAYORS CITIZEN ASSISTANCE CENTER

MCAULEY NEUROPSYCHIATRIC INSTITUTION

MEALS ON WHEELS OF S.F., INC.

MEDICAL ADVICE (S.F. General Hospital)

MEDICAL SOCIETY (See S.F. Medical Society)

MEMORY & ALZHEIMER CENTER, UCSF (Formerly Alzheimer Center)

MENTAL HEALTH ASSOCIATION OF SAN FRANCISCO

MERCY LINE (Emergency Medical Button) St. Mary's Hospital

MISSION COMMUNITY LEGAL DEFENSE

MISSION NEIGHBORHOOD CENTER (See Capp Street Senior Center)

MISSION NEIGHBORHOOD HEALTH CENTER

MOBILE ASSIST. PATROL (Map)

MONTEFIORE SENIOR CENTER

M.S.S.P. (See S.F. Multi-Purpose Senior Service Program - Mt. Zion)

MT. ZION HOSPITAL & MEDICAL CENTER
Senior health screening and referral

MT. ZION HOSPITAL AND MEDICAL CENTER - Dental Dept.

MT. ZION HOSPITAL AND MEDICAL CENTER/U.C.S.F.
(Division of Home Care)

MULTIPLE SCLEROSIS SOCIETY

MULTI-SERVICE CENTER FOR KOREANS

MUSCULAR DYSTROPHY ASSC. INC.

M.V. TRANSPORTATION
Formerly California Medi-van & Handy Wheels

NATIONAL ASSOCIATION VISUALLY HANDICAPPED

NATIONAL COUNCIL ON ALCOHOLISM - Bay Area

NATIONAL COUNCIL ON AGING

NATIVE AMERICAN HEALTH CENTER

NATIVE AMERICAN INDIAN SENIOR CENTER AGENCY

NEIGHBORHOOD LEGAL ASSISTANCE (See S.F. Neighborhood Legal)

NIHONMACHI LEGAL OUTREACH (Japanese Legal Outreach)

NIGHT MINISTRY (See S.F. Night Ministry)

NOE VALLEY SENIOR CENTER

NORIEGA SENIOR SERVICES CENTER

NORTH AND SOUTH OF MARKET ADULT DAY HEALTH CLINIC

NORTHEAST MEDICAL SERVICES

NORTHERN CALIFORNIA SOCIETY TO PREVENT BLINDNESS

NORTH OF MARKET SENIOR ALCOHOL PROGRAM

NORTH OF MARKET SENIOR SERVICES

OBECA - ARRIBA JUNTOS (See Arriba Juntos)

OLDER WOMEN'S LEAGUE (OWL)

OLD ST. MARY'S HOUSING COMMITTEE

OMBUDSMAN (Long Term Care)

OMI SENIOR DAY CARE CENTER (S.F. Council of Churches)

ON LOK SENIOR HEALTH SERVICES

OPERATION CONCERN
Gay and Lesbian Outreach to Elderly (G.L.O.E.)

OPTIONS FOR WOMEN OVER 40

OZANAN RECEPTION CENTER (Formerly Howard Street - Detox)

PACIFIC COAST HOSPITAL AND PODIATRY CLINICS
(Formerly California College of Podiatric Medicine)

PACIFIC PRESBYTERIAN MEDICAL CENTER (Geropsychiatric Unit)

PACIFIC PRESBYTERIAN MEDICAL CENTER
(Outpatient Psychiatry Services)

PACIFIC PRESBYTERIAN RECOVERY CENTER
Chemical Dependency Services

PARA-TRANSIT SERVICES, San Francisco

PARK & RECREATION DEPARTMENT (See S.F. Recreation and Park)

PATIENT RIGHTS ADVOCACY SERVICE (P.R.A.S.)

PLANETREE HEALTH RESOURCE CENTER

POISON CONTROL CENTER (UCSF) School of Pharmacy

POLISH ARTS AND CULTURE FOUNDATION

POTRERO HILL HEALTH CENTER

POTRERO HILL NEIGHBORHOOD HOUSE

PROGRESS FOUNDATION SENIORS PROGRAM
(Shelter for elderly with mental problems)

PUBLIC GUARDIAN (See S.F. Public Guardian)

RAPHAEL HOUSE - Neighborhood Senior Association

RECREATION & PARK DEPARTMENT (See S.F. Recreation & Park)

RECREATION CENTER FOR THE HANDICAPPED

RED CROSS (See American Red Cross)

RESIDENTIAL RENT STABILIZATION AND ARBITRATION BOARD

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)
A part of ACTION, sponsored by Pacific Presbyterian Medical Center

RETIREES EMPLOYMENT PROGRAM (REP)
University of California/S.F.

REVERSE ANNUITY MORTGAGE PROGRAM (RAM)
See Home Equity Conversion)

ROSE RESNICK CENTER FOR THE BLIND AND HANDICAPPED
(Formerly California League for etc)

RUSSIAN AMERICAN COMMUNITY SERVICES

RUTH ANN ROSENBERG ADULT DAY HEALTH CENTER (Mt. Zion)

SAFE Program (See San Francisco S.A F.E.)

ST. ANTHONY'S FOUNDATION

ST. BENEDICT'S CENTER FOR THE DEAF

ST. FRANCIS MEAL SERVICE (S.F. Council of Churches)

ST. LUKE'S HEARING AND SPEECH CENTER

ST. MARKS LUTHERAN CHURCH SENIOR CENTER

ST. MARY'S ADULT DAY HEALTH CARE

ST. MARY'S SENIOR LIFE SERVICES

SALVATION ARMY ADULT REHABILITATION CENTER
(1500 Valencia Street)

SALVATION ARMY CENTER FOR SOCIAL SERVICES
(445 9th Street)

SALVATION ARMY DETOX
(1255 Harrison Street)

SALVATION ARMY DETOX
(125 Valencia Center)

SALVATION ARMY SENIOR ACTIVITIES & MEALS PROGRAM
(360 4th Street)

SALVATION ARMY SENIOR ACTIVITIES PROGRAM
(360 4th Street)

SALVATION ARMY TURK STREET SENIOR CENTER
(240 Turk Street)

SAMOANS FOR SAMOANS OF CALIFORNIA

SAN FRANCISCO AMBULANCE SERVICE OF CALIFORNIA

S.F. COMMISSION ON THE AGING (C.O.A.)

S.F. COMMUNITY COLLEGE CENTER (Southeast Community College)

S.F. COMMUNITY COLLEGE DISTRICT (learning Program for Seniors)
Mission Community College Center

S.F. COMMUNITY LAW COLLECTIVE

S.F. CONSUMER ACTION

S.F. COUNCIL OF CHURCHES

S.F. DENTAL SOCIETY EMERGENCY & REFERRAL

S.F. DEPARTMENT OF PUBLIC HEALTH (Health Center #1)

S.F. DEPARTMENT OF PUBLIC HEALTH (Health Center #2)

S.F. DEPARTMENT OF PUBLIC HEALTH (Health Center #3)

S.F. DEPARTMENT OF PUBLIC HEALTH (Health Center #4)

S.F. DEPARTMENT OF PUBLIC HEALTH (Health Center #5)

S.F. DEPARTMENT OF PUBLIC HEALTH (Public Health Division)
101 Grove Street, Administrative Office

S.F. DEPARTMENT OF SOCIAL SERVICES (Adult Services)

S.F. GENERAL HOSPITAL DENTAL CLINIC

S.F. GOSPEL MISSION INC. (See Blue Pages)

S.F. GROCERY EXPRESS

S.F. HEARING & SPEECH CENTER

S.F. HOME HEALTH ADULT DAY HEALTH CARE
(See Thirtieth Street Senior Services)

S.F. INSTITUTE ON AGING
(See S.F. Multi-Purpose Senior Services)

S.F. LAWYER'S CLUB (See Attorney's Reference)

S.F. LAWYERS COMMITTEE FOR URBAN AFFAIRS

S.F. LINKAGES (Mt. Zion Hospital)
Case Management for 18 years & Older (Also called Linkages)

S.F. MEDICAL SOCIETY (Medical Society)

S.F. MULTI-PURPOSE SENIOR SERVICE PROGRAM - S.F. Institute on Aging
(S.F. MSSP) Mt. Zion Hospital and Medical Center

S.F. NEIGHBORHOOD LEGAL ASSISTANCE FOUNDATION

S.F. NIGHT MINISTRY (S.F. Council of Churches)

S.F. PUBLIC GUARDIAN (Conservatorship)

S.F. RECREATION & PARK DEPARTMENT

S.F. ROOMATE REFERRAL SERVICES (See Blue Pages)

S.F. S.A.F.E., INC. (Crime Prevention Education)

S.F. SENIOR CENTER/AQUATIC PARK BRANCH

S.F. S.P.C.A. HEARING DOG PROGRAM

S.F. STATE UNIVERSITY (Urban Elder Program)

S.F. SUICIDE PREVENTION, INC.

S.F. TENANTS UNION

S.C.O.R.E. - Service Corps of Retired Executives

(SEALS) Seniors Eager for Active Lives

S.E.E.R. PROJECT (Seniors Enriching Educational Roles)
Component of the S.F. School Volunteers

SELF-HELP FOR THE ELDERLY

SENIOR ADVISORY GROUP

SENIOR COMPANION PROGRAM OF FAMILY SERVICE AGENCY OF S.F

SENIOR DENTAL PROGRAM (Part of CA. Dental Association)

SENIOR ESCORT PROGRAM OF SAN FRANCISCO

SENIOR ESCORT OUTREACH PROGRAM (All Areas)

SENIOR HEALTH SCREENING & REFERRAL (Mt. Zion Hospital)
See Mt. Zion Hospital Senior Health Screening

SENIOR INFORMATION, REFERRAL & HEALTH PROMOTION
S.F. Department of Public Health

SENIOR RESOURCES INC.

SENIORS EAGER FOR ACTIVE LIVES (SEALS)
(Mt. Zion Volunteers)

SERVICES FOR SENIORS, INC.
(Friendship Center, Downtown Senior Center,
Aquatic Park & Telegraph hill

SHARE (Self-Help & Resource Exchange)

SHERIFFS EVICTEE ASSISTANCE PROJECT (Community Relations)
Senior Housing Project

SISTER MARY PHILLIPA MEMORIAL CLINIC OF ST. MARY'S HOSPITAL
(See St. Mary's Clinic)

SOUTH OF MARKET HEALTH CLINIC

S.P.C.A. HEARING DOG PROGRAM
See S.F. S.P.C.A. Hearing Dog Program

SPECIAL AUDIENCES

SPRING GARDENS (Senior Center) St. Anthony's Foundation

SRx SENIORS MEDICATION EDUCATION PROGRAM
(S.F. Dept of Public Health

STATE DEPARTMENT OF MENTAL HEALTH
(Office of Mental Health Social Services)

SUBSTANCE ABUSE TREATMENT PROGRAM (V.A. Med. Ctr.)

SUICIDE PREVENTION

SUNSET SENIOR CENTER
(Formerly Sunset Community Education Center)

SUPPORT SERVICES FOR ELDERS, INC.

TELEGRAPH HILL NEIGHBORHOOD ASSC.

TELE-MED (See American Lung)

TEMPORARIES INC.

TENANT'S UNION (See S.F. Tenants Union)

TENDERLOIN ELDER FRIENDS

THIRTIETH STREET SENIOR SERVICES
Adult Day Health Care and Alzheimers Program

THIRTIETH STREET SENIOR SERVICES
Outpatient Rehabilitation Center

THIRTIETH STREET SENIOR SERVICES
(Senior Center)

THIRTIETH STREET SENIOR SERVICES
(Volunteer)-Interchange Program (VIP)

TRAVELERS' AID SOCIETY OF SAN FRANCISCO

U.C.S.F. MEDICAL CENTER, GERIATRIC SERVICES
Dept of Psychiatry & Langley Porter Institute

UNITED CEREBRAL PALSY

UNITED OSTOMY ASSC. (Golden Gate Chapter)

UNITED WAY INFORMATION AND REFERRAL

UNIVERSITY OF CALIFORNIA - SCHOOL OF DENTISTRY
707 Parnassus Ave (Dental treatment done by students)

UNIVERSITY OF CALIFORNIA - SCHOOL OF DENTISTRY
1001 Potrero Ave

UNIVERSITY OF THE PACIFIC DENTAL CLINIC
2155 Webster Street

URBAN ELDER PROGRAM (See S.F. State University)

VETERANS ADMINISTRATION EMPLOYMENT

VETERANS ADMINISTRATION MEDICAL CENTER

VIP - (Volunteer Interchange Program)
See Thirtieth Street Senior Services

VISITATION VALLEY SENIOR CENTER

VISITING NURSE AND HOSPICE OF SAN FRANCISCO

VNA HOME CARE (Blue pages only) HOMEMAKER CARE

VOLUNTEER CENTER OF SAN FRANCISCO

VOLUNTEER PROGRAM (S.F. General Hospital)

WESTERN ADDITION SENIOR CENTER

WESTERN GERONTOLOGICAL SOCIETY (See American Society on Aging)

W.O.M.A.N. INC. - Women Organized to Make Abuse Non-existent

WOOLF HOUSE (Senior Housing and Nutrition Site)

Y.M.C.A. - Central Branch

Y.M.C.A. - Mission Branch

Y.M.C.A. - Richmond District

Y.M.C.A. - Stonestown Branch

Y.M.C.A. Apartments, Inc.

Y.M.C.A. - Chinatown Branch

Y.M.C.A. - Senior Center

YOUTH ASSISTANCE ASSOCIATION
(Free automotive services to handicapped persons and seniors.

ADULT BENEVOLENT ASSOCIATION of St. Anthony Foundation
121 Golden Gate Avenue
San Francisco, CA 94102

552-1169

Services & Description:

1. TENDERLOIN HOTEL MINISTRIES befriends/visits isolated Tenderloin seniors and offers free milk delivery, spiritual outreach, and van outings to these same seniors. The Living Room, located at 476 Eddy, provides a friendly drop-in place for seniors in the Tenderloin.

2. VOLUNTEER PROGRAM: Offers free blood pressure screenings twice a month and provides opportunities for seniors and others to visit isolated Tenderloin seniors, assist with milk delivery, and provide telephone and clerical assistance in our office.

3. SPRING GARDENS MULTI-PURPOSE SENIOR ACTIVITIES CENTER serves seniors city-wide at 70 Oak Street. Call 552-5545, 10AM-3PM, Monday through Friday, for calendar of events and membership information.

4. ADULT INFORMATION DIGEST: an 8-page monthly tabloid of information and spiritually uplifting articles for seniors, distributed city-wide. Any poets or writers are encouraged to submit their work for publication.

Who to Contact:

1. Tenderloin Hotel Ministries: Barry Goldberg
2. Volunteer Program: Joanne Kelly
3. Spring Gardens: Gerry Eagan -- 552-5545
4. Adult Information Digest: Joan Crotty

Who to Contact: Donna Hoang

Days and Hours: Monday through Friday, 9AM to 4PM

Eligibility: See Services & Descriptions above and/or phone contacts for more information.

Fees: None

Area Served: Tenderloin Area

Public Transportation: MUNI or BART on Market St. to Civic Center, or #5 Fulton bus to Jones Street.

Funding Sources: Private Sources (Donations)

Other Information: The ABA is a site for Legal Assistance to the Elderly every Thursday. Contact the LAE (861-4444) for an appointment.

AIDS HOME CARE PROGRAM OF VISITING NURSES & HOSPICE OF S.F.
401 Duboce Avenue
San Francisco, CA 94117

861-8705

Services & Descriptions: Patients and family members receive skilled and compassionate care, emphasizing pain control, comfort measures, and relief time (respite) for family members.

The Hospice team consists of nurses, social workers, homemakers/home health aides, volunteers, rehabilitation therapists, nutritionists, and other professionals under a physician's guidance.

All services and care givers are sensitive to issues concerning the psychosocial and cultural aspects of AIDS.

Who to Contact: Intake and Referral Department

Director: Jeannee Martin

Days and Hours: Intake and Referral Monday-Friday, 7:00 AM to 7:00 PM. Nursing services are available 24 hours a day, 7 days a week.

Eligibility:

- Income and Age: No limitations.
- Fees: Insurance, Medicare, Medi-Cal, private pay.
- Area Served: San Francisco and Northern San Mateo.
- Other:

Foreign Languages: Spanish, Tagalog, Chinese (major dialects), and other languages.

Public Transportation: Not applicable.

Funding Sources: Third party reimbursement, City & County of S.F. donations, United Way.

Other Information: Bereavement Services for grief counseling and support groups.
Dedicated Volunteers always welcome. Please ask for the Volunteer Coordinator.
Donations are also welcomed.

Other Hospice Programs: Hospice Program for people with terminal illnesses other than AIDS: Coming Home Hospice for people needing a residential program.

AL-ANON
50 Oak Street, Room 505
San Francisco, CA. 94102

626-5633

Services & Description: Al-Anon is a fellowship of people whose lives have been deeply affected by someone else's drinking.

Contact: N/A

Director: N/A

Days and Hours: 24-hour answering service

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco

Other:

Foreign Languages: Meetings held in Spanish and English

Public Transportation:

Funding - Donations:

Other Information:

ALCOHOLIC ANONYMOUS
1046 Irving Street:
San Francisco, CA 94122

661-1828

Services & Description:	Main office receives calls for help and will refer callers to appropriate meetings throughout the city. Will send members to see caller if needed.
Who to Contact:	Staff volunteers
Director:	Bill Sauters, Central Office Secretary
Days and Hours:	Monday to Friday, 8:30-5:30 24-hour telephone, can talk to another AA member.
Eligibility:	
Income and Age:	None
Fees:	None
Area Served:	San Francisco, Marin, northern San Mateo, Napa, Sonoma, Mendocino, Lake, Solano.
Other:	
Foreign Languages:	There are Spanish Speaking A.A. groups
Public Transportation:	MUNI: N-Judah
Other Information:	Ala-Non, Ala-Teen

ALL HALLOWS COMMUNITY
1711 Oakdale Avenue
San Francisco, CA 94124

550-1637

Services & Description: Provide low cost housing for senior and disabled persons. Hot meal served daily Monday through Friday at luch time. (Salvation Army Meal Site) Recreational activities.

Who to Contact:

Director: Sister Grace Grima

Days and Hours: Monday to Friday, 9:00 - 4:30

Eligibility:

Income and Age: Seniors and Handicapped 62 and over.

Fee: Varies according to income.

Area Served:

Other:

Foreign Languages:

Public Transportation: 15, 24, 44

Funding Sources: Department of HUD and Resident's Rents

Other Information:

ALUMNAE RESOURCES
660 Mission Street
San Francisco, CA 94105

546-7220

Services & Description: Career development organization which focuses on women college graduates. They offer workshops in job search skills and individual career counseling. Offers a network of women willing to give advice/information to those in career transition.

Contact: Anne Sparks, Program Director

Director:

Days and Hours: Office open for phone calls M-F 10-4. Resource room for members only: M 12-3, W 4-7, Th 11-1, F 1:30-3:30.

For NonMembers, free orientation every Friday 12-1.

Eligibility:

Income and Age: Anyone

Fees: Program fees vary. Career Counseling is $35 per hour in advance.

Area Served: Bay Area

Other:

Foreign Languages: None

Public Transportation: MUNI or BART: Montgomery stop.
One block south of Market between 3rd and New Montgomery.

Other Information: New clients are welcome to attend free orientation every Friday 12-1.

ALZHEIMER'S DAY CARE
San Francisco Institute on Aging
Mount Zion Hospital and Medical Center
1600 Divisadero Street
San Francisco, CA 94115

885-7570

Services & Description: Specialized for persons with Alzheimer's disease or other dementias. The following are provided: therapeutic recreation and social activities, exercise/movement therapy, music and entertainment, nutritious noon meal and snacks, transportation to and from the center. The center is staffed by a multi-disciplinary staff which provides medical monitering, and social services, consultation and information to care givers. There is a support group for care givers twice a month.

Who to Contact: Kathleen Paulo

Director: Susan Bottorf

Days and Hours: Monday, Wednesday, and Friday 10-3:30

Eligibility:

- Income and Age: None
- Fees: Monthly fee. Medi-Cal may reimburse
- Area Served: San Francisco
- Other:

Foreign Languages:

Public Transportation: MUNI # 2,4, and 24.

Funding Sources: KORET Foundation, San Francisco Commission on Aging, and private contributions

Other Information:

AMERICAN CANCER SOCIETY
973 Market Street, Suite 550
San Francisco, CA 94102

974-1592

Services & Description: Training & Education - professionals and patients. Transportation. Service Dept. Assistance devices/gift items. Homecare for terminal patients who are eligible. Information and referral service.

Contact: Service Department Staff

Director: Jim Claiton

Days and Hours: Monday to Friday, 9:00 to 5:00 PM

Eligibility:

Income and Age: There are some income requirements for some services, to be discussed with staff.

Fees:

Area Served: San Francisco County

Other: Cancer Patients

Foreign Languages:

Public Transportation: MUNI # 1 & 3 (Mason is cross street)

Other Information

AMERICAN CIVIL LIBERTIES UNION OF NORTHERN CALIFORNIA
1663 Mission Street, #460
San Francisco, CA 94103

621-2488

Services & Description: Non-government & non-profit association of members to further constitutional rights. Refers seniors to appropriate legal services "Due to limited resources, we are able to accept a very small percent of those cases brought to us by those whose constitutional rights may have been violated. We therefore maintain referral files and attempt to give appropriate referrals to callers when possible."

Contact: Any counselor

Director: Dorothy Ehrlich

Days and Hours: Monday to Friday, 10:00 to 4:00

Eligibility:

Income and Age:

Fees: None

Area Served: City and Northern California

Other:

Foreign Languages:

Public Transportation: Mission and Market Street buses. Bart

Other Information: Literature is available on Constitutional litigation and the legal rights of various groups

Funding: Membership dues, Donations

AMERICAN DIABETES ASSOCIATION, SAN FRANCISCO CHAPTER
12 Geary Blvd., 2nd Floor
San Francisco, CA 94108

397-3373

Services & Description: Resource library/educational materials on diabetes. Offer lectures, support groups, speakers, blood screenings materials in English, Spanish, Filipino, Chinese & Viet Namese. Twin goals of diabetes education and fund raising for research to find a cure for this disease.

Who To Contact:

Director: Ginge Shontell

Days and Hours: Monday to Friday, 8:30-5:00

Eligibility:

Income and Age: All

Fees: Free use of library. $20.00 for annual ADA Membership

Area Served: San Francisco

Other: Membership includes subscription to Forecast Magazine

Foreign Languages: Literature (see above) - spoken (by arrangement)

Public Transportation: Muni/BART

Funding Sources: Pacific Telesis, FMI, Hana Biologics, Public Donations

Other Information: Hold BIKE-RIDE PLUS in October to raise funds for research.

AMERICAN HEART ASSOCIATION:
421 Powell Street, 4th Floor
San Francisco, CA 94102

433-2273

Services & Description:	Research, education & community service programs. Goal is to prevent premature death & disability from cardiovascular disease & stroke. Nutrition Counseling, Heart to Heart (education & support group for heart patients & families), Stroke Club, (for stroke survivors) Heartsaver CPR Classes, Information and Referral Service.
Contact:	
Director:	Michael Clinkenbeard
Days and Hours:	Monday to Friday, 8:30 to 5:00
Eligibility:	
Income and Age:	None
Fees:	For Nutrition Counseling & some Heartsaver classes
Area Served:	San Francisco
Other:	
Foreign Languages:	Volunteers speak Spanish and Chinese.
Public Transportation:	
Other Infomation:	Access for handicapped; volunteer opportunities.
Funding:	Private Contributions

AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO
562 Mission Street, Suite 203
San Francisco, CA 94105

543-4410

Services & Description:	Research, breathing classes, stop smoking counseling and self-help program. Distribute health education materials TEL-MED. Free films and speakers.
Contact:	Staff
Director:	Charles Whaley, Executive Director
Days and Hours:	Monday to Friday, 8:30 to 4:30
Eligibility:	
Income and Age:	
Fees:	None
Area Served:	San Francisco
Other:	
Foreign Languages:	Some brochures in Spanish
Public Transportation:	MUNI on Market Street (Cross street is 4th St.)
Other Information:	Provides no transportation

AMERICAN RED CROSS - BAY AREA
1550 Sutter Street
San Francisco, CA 94109

776-1500

Services & Description: Social Services including: Information, Referral and Advocacy provided to Military Families, Veterans and general community. Some home visiting in support of casework - pre-crisis intervention program for seniors. 24 hour emergency assistance for victims of disaster. International tracing and family reunification. Access to 26 languages through chapter language bank. Earthquake preparedness classes. Health and Safety classes. Blood pressure screening every 2nd and 4th Monday, 1-4 p.m. Youth for Chinatown Elderly program matching youths to seniors.

Who to Contact: Operator will connect caller with correct department

Director: Alan C. Johnson

Days and Hours: Monday to Friday, 8:30 - 4:30 pm

Eligibility:

Income and Age: None

Fees: Course fees for Health and Safety classes

Area Served: San Francisco & San Mateo counties

Foreign Languages: Cantonese, French, Mandarin, Spanish and Tagalog

Public Transportation: #3 Jackson, #4 Sutter, #2 Clement on Sutter

Funding Sources: United Way & private contributions

Other Information:

Mission Service Center 282-9700
3225 21st Street
San Francisco, CA 94110

San Mateo Region 692-7214
1710 Trousdale Drive
Burlingame, CA 94010

Mission Center has its own blood pressure screening, income tax preparation and renters assistance forms filled out for low income, seniors and disabled. ESL and citizenship classes.

AMERICAN SOCIETY ON AGING
833 Market Street, Room 516
San Francisco, CA 94103

543-2617

Services & Description: A national non-profit organization of professionals in gerontology.

1. Generations - quarterly publication focusing on research, policy and programmatic developments specific to aging.

2. The Aging Connection bi-monthly newsletter

3. Annual Meeting

4. Training Institutes

Who to Contact: Staff

Director: Gloria Cavanaugh

Days and Hours: Monday to Friday, 8:30 to 5:00pm

Eligibility:

Income and Age:

Fees: Dues for individual: $65.00; Non Profit Organization: $150.00; Profit Organization $275.00

Retired: $25.00
Student: $25.00

Area Served: USA

Other:

Foreign Languages:

Public Transportation: MUNI - Market street (between 4th & 5th Sts.)

Other Information:

ARRIBA JUNTOS CENTER
2017 Mission Street, 2nd Floor
San Francisco, CA 94110

863-9307

Services & Descriptions: Employment services for persons wishing to be Home Health Aides, Homemakers and live-in help. One of their many services.

Who to Contact: Staff

Director: Leandro Soto

Days and Hours: Monday to Friday, 8:30 to 5:00

Eligibility:

- Income and Age: N/A
- Fees: Direct Payment
- Area Served: Mainly Mission but will serve all S.F.
- Other:

Foreign Languages: Spanish

Public Transportation:

Other Information:

ARTHRITIS FOUNDATION, NORTHERN CALIFORNIA CHAPTER
203 Willow Street, Suite 201
San Francisco, CA 94109

673-6882

Services & Description:	Arthritis Educational Programs, Literature on arthritis, self-help courses, water exercise programs, information and referral, Speakers Bureau, Peer counseling, limited financial assistance with medical expenses for indigent arthritis patients.
Who to Contact:	Program Department
Director:	Tom Turner
Days and Hours:	Monday through Friday, 9-5
Eligibility:	
Income and Age:	None (except for financial assistance)
Fees:	Most literature & services free. Small fee for classes. Scholarships available
Area Served:	Mostly Bay Area
Other:	Services available to anyone. Call for information on eligibility for financial assistance.
Foreign Languages:	None
Public Transporation:	MUNI #42, 47, 49 on Van Ness, or #31 on Eddy St.
Funding Sources:	Public Contributions
Other Information:	The only National, Voluntary health organization seeking the cause, cure and ways of preventing arthritis. Through public contributions the Foundation supports scientific research, training of arthritis specialists, public information and education, and services for arthritis patients. Membership encouraged and volunteers always needed.

ARTWORKS
San Francisco Institute on Aging
Mount Zion Hospital and Medical Center
P.O. Box 7921
San Francisco, CA 94115

885-7586

Services & Description:	Provision of resources, education, expertise in wide range of creative arts to facilitate on-going, meaningful activity, lessen isolation of homebound elderly; group activities.
Who to Contact:	Robert Rice
Director:	Robert Rice
Days and Hours:	Monday to Friday, 8:30 to 4:30
Eligibility:	
Income and Age:	60+ Seniors and handicapped
Fees:	None
Area Served:	San Francisco
Other:	
Foreign Languages:	Translators available Spanish Russian
Public Transporation:	
Funding Sources:	San Francisco Commission on the Aging and California Arts Council
Other Information:	Creative activiites include: Music, visual arts, crafts, oral history, poetry, exercise and stress reduction.

ASIAN LAW CAUCUS
36 Waverly Place #2
San Francisco, CA 94108

391-1655

or

1322 Webster Street
Oakland, CA 94612

835-1474

Services & Description: Legal problems of the elderly, including housing, employment/labor, SSI, immigration. Give presentations to schools and groups. Disseminate pamphlets.

Contact: Edwin M. Lee, (SF Office)

Peggy Saika (Oakland)

Director:

Days and Hours: Monday to Thursday, 9:00 to 5:00 (By appointment please)

Eligibility:

Income and Age: Low to moderate income

Fees: Sliding Scale

Area Served: San Francisco & East Bay

Other:

Foreign Languages: Chinese, Japanese and Tagalog

Public Transportation: #30
Located between Clay and Sacramento, Grant and Stockton Streets.

Funding: United Way, S.F. Commission on Aging, Foundation contributions

ATTORNEY'S REFERENCE PANEL (Lawyer's Club)
870 Market Street, #1115
San Francisco, CA 94102

882-9150

Services & Description: Set up to provide legal assistance to anyone who needs it. Anyone having a problem may call, and the Panel will set up an initial 1/2 hour appointment with an attorney at a charge of $20. If further services are needed, you and the lawyer can agree on a fee, but you are not obligated to retain the attorney for additional services.

Who to Contact: Marti Lochridge

Director: Philip D. Humphreys, Esq.

Days and Hours: Monday and Friday, 9:00 to 5:00

Eligibility:

Income and Age:

Fees:

Area Served:

Other:

Foreign Languages: Various attorneys speak other languages. An attempt is made to find necessary language skills upon request.

Public Transportation:

Other Information:

BAY AREA PHYSICIANS FOR HUMAN RIGHTS
P.O. Box 14546
San Francisco, CA 94114

673-3189 (Answering service)

558-9353 (Administrator)

Service & Description: Referrals to Gay-identified or Gay-sensitive physicians in San Francisco. Medical, dental, psychiatric, podiatry.

Who to Contact: Answering service

Director:

Days and Hours: Monday to Friday, 8:00 am to 8:00 pm
Answering Service

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco Bay Area

Other:

Foreign Languages Spoken:

Public Transportation:

Other Information:

BAYVIEW-HUNTER'S POINT
Adult Day Health Center
1250 La Salle
San Francisco, CA 94124

826-4774

Services & Description: A multi-disciplinary assessment and care management program, with rehabilitation services, social services, nursing and personal care services, hot noon meals, and transportation to and from the center. This program helps elders continue living at home.

Who to Contact: Staff

Director: Kathy Koechlin

Days & Hours: Monday to Friday, 10:00 am to 3:00 pm

Eligibility:

Income and Age: Frail elderly

Fees: Medical and sliding scale

Area Served: Bayview-Hunter's Point, Potrero District and Sunnyvale

Other:

Foreign Languages Spoken: Spanish 2 days

Public Transportation:

Other Information:

BAYVIEW-HUNTERS POINT SENIOR CENTER
1706 Yosemite
San Francisco, CA 94124

822-1444

Services & Description:	Multi-purpose center; educational and recreational programs; health screening; low vision and hearing program, bingo, special trips, lunch program.
Contact:	Staff
Director:	George Davis
Days and Hours:	Monday to Friday, 8:00 am to 5:00 pm
	Saturday, 9:00 am to 3:00 pm
Eligibility:	
Income and Age	55+
Fees:	
Area served:	San Francisco
Other:	
Foreign Languages:	
Public Transportation:	MUNI #15
Other Information:	Grief counseling Adult Day Health Care Program

BERNAL HEIGHTS COMMUNITY FOUNDATION
515 Cortland Avenue
San Francisco, CA 94110

648-0330

Services & Description: Community-based senior program services include hot lunch, information and referral, outreach services, recreational activities and educational programs.

Who to Contact:

Director: Judy Gong

Day and Hours: Monday through Friday, 9:00 am to 2:00 pm

Eligibility:

Income and Age: 60+

Fees: $1.25 lunch donation

Area Served: Bernal Heights, the Mission as well as other areas in San Francisco who will find it beneficial.

Other:

Foreign Languages: Spanish, Tagalog, Samoan

Public Transportation: #24 Divisadero

Funding Sources: Commission on Aging

Other Information:

CALIFORNIA ABLE
870 Market St., Suite 352
San Francisco, CA 94102

391-5030
391-5032

Services & Description: Operates jobs clearing house for older workers and employers wishing to place job orders. Does direct placement; also refers jobs to other agencies. Provides technical assistance to senior employment programs in the Bay Area.

Who to Contact: Marge Fishman or Dorothy Marrus

Director: John Scanlon

Days & Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

- Income & Age: 55 years and over
- Fees: None
- Area Served: San Francisco & Bay Area
- Other:

Foreign Languages:

Public Transportation: MUNI/BART

Funding Sources: Foundations, Corporations, Individuals, PIC

Other Information:

CALIFORNIA LEGISLATIVE COUNCIL FOR OLDER AMERICANS
330 Ellis Street, Room 611
San Francisco, CA 94102

771-0226
771-6304

Services & Description: Political advocacy for seniors at City Hall, Sacramento, Washington; represents National Council of Senior Citizens; affiliated with California Seniors Coalition, Sacramento, Congress of California Seniors.

Who to contact: Shirley Bierly

Director: Rev. Edward L. Peet

Days & Hours: Monday to Friday, 9:00 am to 3:00

Eligibility:

- Income and Age: 55+
- Fees: None
- Area Served: California
- Other:

Foreign Languages Spoken:

Public Transporation: 31, 38, 27 MUNI

Funding Sources: Contributions, Fund Drives

Other Information: Local Meeting - 1st Tuesday of each month at 330 Ellis Street, Room #618.
Publishes bi-monthly Newsletter Senior Power $3.00 a year. (California Association of Older Americans)

CALIFORNIA STATE DEPARTMENT OF REHABILITATION

30 Van Ness Ave., #3200	2720 Taylor Street., #420
San Francisco, CA 94102-6027	San Francisco, CA 94133-1285
557-3800 Voice or TDD	771-7200 Voice or TDD

Services & Description:	Preparation of physically or emotinally disabled persons for competitive employment through counseling and training. Identifying transferrable skills. Enable the disabled to enter/return to the work market.
Who to contact:	Counselor of the Day
Director:	Jim E. Kay, District Administrator
Day and Hours:	Monday through Friday, 8:00 am to 5:00 pm (Closed 12:00 noon to 1:00 pm)
Eligibility:	
Income & Age:	No Requirements - (50-65 Marketable Skills)
Fees:	None
Area Served:	San Francisco
Other:	Diagnosed physical or emotional disability.
Foreign languages:	Chinese, Japanese, Tagalog, Spanish, Greek & Turkish.
Public Transporation:	Within 1 Block
Funding Sources:	Federal 80%, State 20%
Other Information:	Other Location - See Above

CANON KIP COMMUNITY HOUSE
705 Natoma Street
San Francisco, CA 94103

861-6801

Services & Description:	Title III Nutrition program serving lunch daily. Blood pressure checks bi-monthly, various recreational activities, exercise classes, bingo, special parties, movies, trips arts and crafts. Counseling and social service.
Who to Contact:	Nutrition Site Manager - Robert Johnson
Director:	Gayle Justice, Director
Days and Hours:	7 Days a week, 8:30 am to 2:30 pm
Eligibility:	
Income and Age:	60+
Fees:	Suggested donation $1.25
Area Served:	Primarily South of Market
Other:	
Foreign Languages Spoken:	Tagalog and Spanish
Public Transportation:	Mission or Market Street bus, 19 Polk
Other Information:	Housing and Transportation Services
Funding Sources:	Salvation Army, C.O.A., United Way, Mayor's Office, Episcopal Charities, Foundations and donations.

CAPP STREET SENIOR CENTER
362 Capp Street
San Francisco, CA 94110

826-0440

Services and Description: Multi-purpose Senior Center, Nutrition Site, translations, asssistance with Social Security and SSI forms.

Who to Contact:

Director: Sam Ruiz
Executive Director

Melba Maldonado
Center Director

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age: 60+

Fees: None

Area Served: Only the Inner Mission

Other:

Foreign Languages: Spanish

Public Transportation: MUNI - Mission Street or Van Ness buses

Other Information: Legal Assistance to the elderly site

CASA DE LAS MADRES
P.O. BOX 27236 (address suppressed)
San Francisco, CA 94127

469-7650

Services & Description:	A refuge for battered women and their children. Provides couseling, advocacy - temporary shelter for up to six weeks.
Who to contact:	CRISIS LINE (415) 469-7637
Director:	Dr. Laura Smith McKenna
Days and Hours:	7 days a week - 24 hours daily
Eligibility:	
Income and Age:	Age open - Income open
Fees:	$3.00 per day per adult; $4.00 per day per family
Area Served:	Any
Other:	Residents are required to participate in house meetings, household chores and workshops
Foreign Languages:	Spanish, Vietnamese, Mandarin, Cantonese, Swatownese, Tagalog, Farsi, Italian, French, Polish, and Russian.
Public Transportation:	Accessible
Funding Sources:	
Other Information:	Phone line intake - 8:00 am to 10:00 pm After 10:00 pm - Overnight Hotel vouchers available.
Resident Resources:	9:00 am to 1:00 pm, Preschool/Day Care 3:00 pm to 5:00 pm, Tutoring Monday through Thursday, 7:00 pm Children's Group. Pre-adolescent/Teenage counseling, Ex-residents support group and Residents - individual and group counseling.

CASE (Coalition of Agencies Serving the Elderly)
1182 Market Street, Room 320
San Francisco, CA 94102

626-1033

Services & Description: An organization of agencies and individuals who work with Seniors for the purposes of information, education, program planning and development, service coordination and advocacy.

Who to Contact: Orah Young, President
861-4444

Director:

Days and Hours: Meetings 4th Monday of every month at 3:00 pm. Meetings are held at a different place each time. (Call 626-1033 for location.)

Eligibility:

Income and Age:

Fees: ($40.00 per organization - vote
$20.00 for individual membership - no vote
$10.00 per student or senior - no vote.)

Area Served: San Francisco

Other: Must be a representative of an agency. Individual members must be involved with seniors.

Foreign Languages:

Public Transportation:

Other Information:

CATHOLIC CHARITIES - SAN FRANCISCO
1049 Market Street
San Francisco, CA 94103

864-7400

Services & Description:

1) Case Management for Frail Elders to assess needs of isolated, abused, or homebound elders Efforts made to keep elders in their homes with support services.

2) Homecare assistance finding homemaker for elders

3) Counseling/psychotherapy for homebound elders and their families.

4) Support groups, educational series and respite for family caregivers.

Who to Contact:

Sr. Joanne O' Shea - Home Care
Lynn Allen - Case Management
Tom Morrison - Respite

Director:

Mary Lou Goeke - Executive Director of CCSF
Marg Bartosek -Director of Aging Services

Days and Hours:

Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age:

Seniors (60+) no income restrictions

Fees:

None for case management
Fee for service of Home Care
Sliding scale for counseling

Area Served:

San Francisco

Other:

Foreign Languages:

Spanish

Public Transportation:

MUNI - 6,7,8,42,47,49 and all street cars.

Funding Sources:

Catholic Charities Appeal, United Way - S.F. Commission on Aging, various foundations and grants, private donations.

Other Information:

CATHOLIC COMMITTEE FOR THE AGING
1049 Market street
San Francisco, CA 94103

864-7400

Services & Description:	Volunteer organization established to address concerns of seniors in San Francisco. Offers legislative advocacy at all levels, education on issues of concern to seniors, senior clubs, events, etc.
Who to Contact:	Betsy Lamb
Director:	N/A
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	None
Fees:	Membership dues - $3 per year seniors $10 per year regular
Area Served:	San Francisco
Other:	
Foreign Languages:	
Public Transportation:	MUNI #6, 7, 8, 42, 47, 49, and all street cars
Funding Sources:	Catholic Charities - San Francisco, donations and memberships

CENTER FOR LEARNING IN RETIREMENT
UC Extension
55 Laguna Street
San Francisco, CA 94102

863-4518

Services & Description: 1. Extension classes

2. Education for involvement in learning study groups - for and by adults.

Who to Contact: Staff

Director:

Days and Hours: Monday through Thursday, 10:00 am to 3:00 pm
Friday, 10:00 am to 1:00 pm

Eligibility:

Income and Age:

Fees: $150.00 per year (up to $300.00 of extension courses free)

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: Market Street buses

Other Information: Lois Danton - President

CENTER FOR SOUTHEAST ASIAN REFUGEE RESETTLEMENT
875 O'Farrell Street
San Francisco, CA 94109

885-2743

Services & Description: Resettlement, employment, and immigration counseling services for refugees; also emergency social services and referral, as necessary.

Who to Contact: Wayne Luk

Director: Vuong Vu-Duc

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age: Refugee status

Fees: None

Area Served: S.F., Marin, San Mateo, Alameda & Santa Clara Counties

Other:

Foreign Languages: All major Southeast Asian languages, as well as most Chinese dialects, and Russian.

Public Transportation: Geary bus line, Van Ness bus lines and BART Civic Center

Other Information:

Funding Sources: Governmental and private

CENTER ON DEAFNESS, UNIVERSITY OF CALIFORNIA
3333 California Street, Suite 10
San Francisco, CA 94143-1208

476-4980 (voice) 476-7600 (TTY)

Services & Description: Individual and family therapy for deaf and hard of hearing patients and their families; psychiatric studies, psychological assessments; crisis therapy.

Who to Contact: Margot Maarleveld

Director: Laurel Glass

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age: No age limits

Fees: Medi-cal and Medicare accepted; sliding scale based on ability to pay.

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: MUNI #1 California, #2 Clement, #3 Jackson, #4 Sutter, #43 Masonic

Funding Sources:

Other Information: Satellite clinics

CHINESE NEWCOMERS SERVICE CENTER
777 Stockton Street, Room 104
San Francisco, CA 94108

421-0943

Services & Description:	Bilingual - information, referral, adjustment counseling, translation, interpretation, form-filling, emergency contact, mental health information and referral, employment service. Community education T.V.
Who to Contact:	Mrs. Diana Chan
Director:	Mr. Po Wong
Days and Hours:	Monday to Friday, 8:30 am to 5:30 pm
Eligibility:	
Income and Age:	Open to all language handicapped immigrants/refugees, Chinese
Fees:	Donations
Area Served:	San Francisco
Other:	
Foreign Languages:	Chinese, Mandarin, Cantonese
Public Transportation:	MUNI #30, #1, #15
Funding Sources:	United Way, city contracts, donations
Other Information:	

CITY AMBULANCE
Paramedic Division - DPH
135 Polk Street (office)
San Francisco, CA 94102

558-3975 Office
911 Emergency

Services & Description: S.F. City and County emergency ambulance service

Contact: 911 Emergency

Director: Robert A. Navarro, Chief
Paramedic Division

Days and Hours: 7 days a week
24 hours

Eligibility:

Income and Age: No limit

Fees: Depends on mileage and nature of service. S.F. General Hospital does the billing.

Area Served: San Francisco City and County

Other:

Foreign Languages:

Public Transportation: N/A

Other Information:

CIVIL SERVICE COMMISSION
CITY AND COUNTY OF SAN FRANCISCO
646 Van Ness Avenue
San Francisco, CA 94102

558-4495
4496-Hotline

Services & Description: No physical exam necessary. Due process in hiring and firing procedure. Temporary help has no pension, salary increase or fringe benefits. Job vacancies posted. Exam scheduled when "list" gets low. Applicant's card filed and applicant is notified when exam is scheduled.

Who to Contact: Staff

Director: John Walsh

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees: None

Area Served: City and County

Other:

Foreign Languages:

Public Transportation:

Other Information: Temporary job assistance is available at Room 151, City Hall. Public Health Employment Hotline 821-5317.

CLEARINGHOUSE FOR HOME DELIVERED MEALS
1290 Sutter Street
San Francisco, CA 94109

776-1728

Services & Description:	To provide intake, referral and prioritize waiting list for home delivered meals brought to persons 60 and older. The function of the Clearing House is to take all requests for home delivered meals at one location and telephone number. The clearing house then refers all requests for meals to the appropriate provider. There are 9 providers of home deliverd meals in San Francisco.
Contact:	Sarah W. Choy, Coordinator
Director:	
Days and Hours:	Monday to Friday, 9:00 to 5:00 pm
Eligibility:	
Income and Age:	Over 60 yrs. - No income criteria
Fees:	None
Area Served:	All of San Francisco
Other:	This telephone number is for the use of discharge planners and social workers exclusively.
Foreign Language:	Cantonese
Public Transportation:	Not applicable
Other Information:	An answering machine is in operation partially through the day to take messages and receive instructions.
Funding Sources:	Commission on the Aging

COMING HOME HOSPICE OF VISITING NURSES & HOSPICE OF S.F.
115 Diamond Street
San Francisco, CA 94114

861-8705

Services & Descriptions:	As a model program for the rest of the nation, the Coming Home Hospice residence is a caring and compassionate setting for people facing AIDS and other terminal illnesses. Attendants are available on a 24-hour basis to assist with personal care and comfort measures.
Who to Contact:	Intake & Referral Department
Director:	Jeannee Martin
Days and Hours:	Intake & Referral Monday to Friday, 8:00 am to 7:00 pm
Eligibility:	
Income and Age:	No limitations
Fees:	Room and board, $30/day. Attendant and other home health services based on insurance and ability to pay (subject to change).
Area Served:	San Francisco and Northern San Mateo counties.
Other:	
Foreign Languages:	Spanish. Limited access to Tagalog, Chinese (major dialects), and other languages.
Public Transportation:	#24, #33, F, K, L, M to facility

COMMUNITY MUSIC CENTER
544 Capp Street
San Francisco, CA 94110

647-6015

Services & Description:	Private lessons for people of all ages and abilities. All ages welcome. Senior rates available.
Who to Contact:	Stephen Shapiro
Director:	Stephen Shapiro
Days and Hours:	Monday to Friday, 9:00 am to 8:00 pm Saturday - 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	N/A
Fees:	Sliding Scale
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish, Tagalog, Cantonese
Public Transportation:	#14 Mission St. (Cross streets - 20 & 21)
Other Information:	Richmond District Branch 741 30th Avenue San Francisco, CA 94121 221-4515

COMMUNITY SUBSTANCE ABUSE SERVICES
170 Fell Street, Room 25
San Francisco, CA 94102

558-2356
558-2166

Services & Description:	No direct services, I&R only. Administers Federal, State and local funds, directed to alcohol and drug services. Film library, research information. Free copy of film/video available upon request.
Who to contact:	Secretary
Director:	Dr. Wayne Clark
Days and Hours:	Monday to Friday, 8:00 am to 5:00 pm
Eligibility:	
Income and Age:	San Francisco residents
Fees:	For rental of films and video equipment only
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish, Tagalog, Chinese, German
Public Transportation:	21 Hayes, 49 Van Ness, 47 Van Ness
Funding Sources:	
Other Information:	CSAS publishes a director called "Overview" in which alcohol and drug abuse agencies are listed $2.00 per copy. Drug Abuse Hotline/Information: 221-1423 Alcohol Abuse Hotline/Information: 861-4000

CONSORTIUM FOR ELDER ABUSE PREVENTION
Mt. Zion Hospital and Medical Center
Geriatric Services, 2nd Floor Pavillion
2356 Sutter Street
San Francisco, CA 94115

885-7850

Services & Descriptions: Elder abuse case consultation, inservice training, information dissemination and multi-disciplinary case review.

Who to Contact: Lisa Nereberg

Director: N/A

Days and Hours: Monday to Friday, 8:00 am to 4:30 pm

Eligibility:

- Income and Age: N/A
- Fees: None
- Area Served: San Francisco
- Other:

Foreign Languages:

Public Transportation: MUNI #1, 2, 4, 24, 38,

Other Information:

Funding Sources: United Way and the Department of Health and Human Services, Administration on Aging

CONSUMER ACTION
693 Mission Street, #403
San Francisco, CA 94105

777-9635

Services & Description: Provide basic advice about credit problems, such as the right to challenge inaccurate information on file with credit reporting agencies.
Provide free, general advice and referral to specific agencies on many types of consumer problems, such as complaints against: auto dealerships and repair shops, department stores, banks and mail order companies.

Provide price comparison surveys of: secured and unsecured credit cards, savings accounts, checking accounts, free checking and savings accounts for seniors, home equity loans, and equal access long distance phone services.

Who to Contact: Michael Heffer

Days and Hours: Monday to Friday, 10:00 am to 3:00 pm

Eligibility:

Income and Age: N/A

Fees: No fees

Area Served: San Francisco

Other Information: We do all our counseling over the phone - No Walk-ins please!

CONSUMER CREDIT COUNSELORS OF SAN FRANCISCO & THE PENINSULA
31 Geary Street
San Francisco, CA 94108

788-0288
788-0259 Appointments

Services & Description: Financial Counseling of individuals who are unable to repay their debts as originally agreed; alternatives are discussed and a debt repayment plan is arranged with generally lower monthly payments to their creditors. Money Management Workshops are offered free of charge at different times throughout the year.

Who to Contact: Anyone in the office

Director: Cathy Piertruszewski

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age: No restrictions

Fees: NO CHARGE FOR COUNSELING; nominal fee for administering debt repayment plan, 6.5% of amount disbursed monthly with $20 maximum fee waived or reduced as necessary for hardship cases.

Area Served: San Francisco, Peninsula, Marin and Sonoma Counties

Other:

Foreign Languages:

Public Transportation:

Funding Sources: Small portion from client fees; remainder from contributions received from business and professional community.

Other Information:

CONSUMER & ENVIRONMENTAL PROTECTION UNIT (FORMERLY CONSUMER FRAUD)
San Francisco, District Attorney's Office
732 Brannan Street
San Francisco, CA 94103

553-1814 - Complaint lines open 9:00 am to 4:00 pm

Services & Description:	Provides free mediation of consumer complaints and free brochures about consumer issues: home repair, mail order problems, credit, advertising, defective merchandise etc.
Who to Contact:	Mediation Staff — Bob Perez, Assistant in Charge of Unit
Director:	Laurel Pallock
Days and Hours:	Monday to Friday, 9:00 am to 4:00 pm
Eligibility:	
Income and Age:	Anyone
Fees:	Free
Area Served:	San Francisco
Other:	Consumer or business must be located in San Francisco.
Foreign Languages:	Spanish, Cantonese
Public Transportation:	MUNI #25, 20, 19, 27
Funding Sources:	City and County
Other Information:	Call 553-1814 for a complaint form or visit our office.

DIAMOND SENIOR CENTER
117 Diamond Street
San Francisco, CA 94114

863-3507

Services & Description:	Senior Center - serving the social, recreational, educational and health needs of participants. Lunch program five days a week. Information and referral.
Who to Contact:	Staff
Director:	Betty Garvey
Days and Hours:	Monday to Friday, 9:00 am to 4:00 pm
Eligibility:	
Income and Age:	60 or over for meals
Fees:	$1.25 suggested donation for lunch
Area Served:	Eureka Valley and Noe Valley - all are welcome regardless of area.
Other:	
Foreign Languages:	None - but some participants speak Spanish, French and German.
Public Transportation:	MUNI Buses # 24, 8, & 33 MUNI METRO cars K,L & M
Funding Sources:	S.F. Commission on the Aging
Other Information:	Sale of discount MUNI/BART passes, podiatrist services, blood pressure checks, exercise and aerobic classes, library and bookmobile, walking trips (city), art classes, films, world geography class, lectures and cultural events, van trips, dances, parties, theaters, concerts, folk dancing, bingo, bridge, Tai Chi, current event class, and craft class.

DOWNTOWN SENIOR CENTER (Branch of SF Senior Center)
481 O'Farrell Street
San Francisco, CA 94109

771-7950

Services & Description:	Multi-service center providing nutrition, education, socialization, recreation, and social work services
Contact:	Mary Alice Stevenson
Director:	Mary Alice Stevenson
Days and Hours:	Monday to Friday, 9:00 am to 4:00 pm Meals served all days - noon. Reserve tickets at 9:30 am weekdays and 10:30 am weekends.
Eligibility:	
Income and Age	60+
Fees:	$10.00 membership encouraged
Area Served:	North of Market primarily
Other:	
Foreign Languages:	Spanish
Public Transportation:	MUNI: #38 Geary & 27 Bryant buses
Other Information:	Ann Rovere/Jon Calladay Counselors

DOWNTOWN SENIOR SOCIAL SERVICES
240 Jones Street, #6
San Francisco, CA 94102

441-8762

Services & Description:	Coordinates services for Senior citizens in Tenderloin; some home assessments, case work, crisis intervention, information and referral. A part of San Francisco Senior Center Downtown Branch.
Who to Contact :	Jane Bracisco/Ann Rovere Ann Rovere, Supervisor
Days and Hours:	Monday, Tuesday - 9:00 am to 4:00 pm Wednesday, Thursday and Friday, 9:00 am to 1:00 pm
Eligibility:	
Income and Age:	60+
Fees:	None
Area Served:	Tenderloin
Other:	
Foreign Languages:	Spanish
Public Transportation:	MUNI #31
Other Information:	Office Hours: Monday to Friday, 9:30 am to 10:30 am
Funding:	San Francisco Department of Public Health and San Francisco Department of Social Services

ECONOMIC OPPORTUNITY COUNCIL - E.O.C.
Senior Community Services Employment Program
70 Tenth Street
San Francisco, CA 94103

863-2121 Ext: 306

Services & Description:	Job referral and counseling, workshops, part time placements. Work experience taken into consideration. 55 years or over, San Francisco resident. Income less than $6,400 (single), $8,800 (married). English and many other languages spoken.
Who to Contact:	Marilyn Adair
Director:	Joe C. Thomas
Days and Hours:	Monday to Friday, 8:30 am to 5:00 pm
Eligibility:	55 years and over
Income and Age:	S.F. residents who meet Federal poverty guidelines. Pays $3.45 an hour, $69.00 a week, $299.00 a month.
Fees:	None
Area Served:	San Francisco
Other:	Access to handicapped; elevator
Foreign Languages:	Spanish, Tagalog, Japanese, Chinese - Cantonese and Mandarin
Public Transportation:	MUNI #47, 38, 31, 19
Funding Sources:	
Other Information:	Referrals to private employers wishing to hire older workers.

ECONOMIC OPPORTUNITY COUNCIL OF SAN FRANCISCO ENERGY ASSISTANCE AND FREE WEATHERIZATION PROGRAM
70 Dorman Ave #10
San Francisco, CA 94124

641-1821

Services & Description: Assistance in paying P.G.& E. bills and free weatherization and insulation for renters and homeowners who are low-income San Francisco residents.

Who to Contact: Outreach Coordinator

Director:

Day and Hours: Monday to Friday, 8:00 am to 3:00 pm

Eligibility:

- Income and Age: Determined by the Department of Health and Human Services
- Fees: N/A
- Area Served: San Francisco
- Other:

Foreign Languages: Spanish and Chinese
For Chinese call: 626-0916 - Monday through Friday, 9:00 am to 12 Noon

Public Transportation: N/A

Funding Sources: Department of Economic Opportunity

Other Information:

ELDERCARE PROGRAM - San Francisco Department of Public Health
1182 Market Street, Room 204
San Francisco, CA 94102

558-5104

Services & Description:	Comprehensive case management services for seniors who use DPH services for hospital, nursing home or outpatient health care. After all client needs are assessed, appropriate services are arranged, closely monitored and coordinated. The service plan is designed to maintain clients in their home or the community as long as possible.
Who to Contact:	Case Managers
Director:	Sue Eisenberg
Days and Hours:	Monday to Friday, 8:00 am to 5:00 pm
Eligibility:	
Income and Age:	60 years and older
Fees:	None
Area Served:	City-wide
Other:	Must use primary care physician in the DPH system either: 1. SFGH Clinics 2. North of Market Clinic 3. South of Market Health Center
Foreign Languages:	Cantonese, Spanish
Public Transportation:	All Market street lines
Other Information:	Social workers and public health nurses work as case managers

EMPLOYMENT DEVELOPMENT DEPARTMENT
State of California
801 Turk Street
San Francisco, CA 94102

557-3038
557-1217 (Casual Labor)
557-1237

Services & Description: Jobs Service Office offers employment services without fees to employers or jobseekers. These services include referral to job openings in all occupations; employment counseling; job workshops; vocational testing.

Who to Contact: Casual Labor: Lola Alvarez

Director:

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco

Other:

Foreign Languages: Spanish, Chinese, Tagalog and Polish

Public Transportation: Mission Street MUNI

Other Information: This agency also administers the unemployment insurance program. All the unemployment insurance activities are performed in the office located at 3120 Mission Street .
Telephone number: 557-1013

E.T.C. (ELDERLY TEEN CONNECTION)
YOUNG LIFE SAN FRANCISCO
222 Plymouth Ave
San Francisco, CA 94112

584-0300

Services & Description: Intergenerational program. Students perform tasks for seniors - housekeeping, light cooking, yard work, escort, grocery shopping, writing letters, window washing, etc.

Who to Contact:

Director: Debby Goins

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm
24-hour answering service

Eligibility:

Income and Age: No restriction on income
55+

Fees: $4.00 per hour

Area Served: San Francisco

Other:

Foreign Languages: Some students are available who speak Spanish, Cantonese, Korean.

Public Transportation: N/A

Funding Sources: Private Individuals And Philanthropic Foundations

EXPERIENCE PLUS
1453 Mission Street, 5th Floor
San Francisco, Ca 94103

861-1756

Services & Description:	Job Search Workshops and upon successful completion, job development and referral services for all eligible participants.
Who to Contact:	Staff
Director:	Carlos F. Ver
Days and Hours:	Weekends - 9:00 am to 4:30 pm
Eligibility:	
Income and Age	55 and over and of low income or no income.
Fees:	None
Area Served:	City residents only
Other:	Bring Social Security Card and proof of S.F. residence. If not a U.S. citizen, bring Alien Registration Card.
Foreign Languages:	Philippino and Spanish
Public Transportation:	#26 Valencia MUNI bus
Funding Sources:	Private Industry Council of San Francisco.
Other Information:	May provide job counseling services to non-residents of the city.

FAMILY SERVICE AGENCY OF SAN FRANCISCO
1010 Gough Street
San Francisco, CA 94109

474-7310

Services & Description:	Counseling: casework, outreach services, Foster Grandparent, activity therapy, senior companions, Ombudsman for nursing homes. Ombudsman telephone 474-8757 Geriatric Day treatment 441-1620
Who to Contact:	Staff of appropriate program
Director:	Ira Okun
Days and Hours:	Monday to Thursday, 8:30 am to 8:30 pm Friday, 8:30 am to 5:00 pm
Eligibility:	
Income and Age:	
Fees:	Vary with program
Area Served:	San Francisco
Other:	
Foreign Languages:	Chinese, Spanish, Japanese, Filipino
Public Transportation:	MUNI #31, 38
Other Information:	Transportation provided for geriatric day treatment program. Ombudsman covers all long-term care facilities in San Francisco and links to other county ombudsmen.

FAMILY SURVIVAL PROJECT for Brain-Damaged Adults
44 Page Street, Suite 600
San Francisco, CA 94102

626-6556
(800) 445-8106

Services & Description: Provides information and support to families and caregivers of brain-impaired adults, regarding services about facilities, legal and financial problems. Holds monthly support group meetings and publishes a newsletter. Statewide referral. Provides counseling, legal advice, financial information and limited respite services. Brain impairments must occur after age 18; causes include: Alzheimer's Parkinson's, stroke and head trauma, etc.

Who to Contact: Intake Specialist

Director: Diana Petty, Executive Director; Kathy Kelly, Mgr., Services/Education Programs

Day and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility: Brain impairment acquired after the age of 18.

Income and Age: No restrictions. Some services are limited to people not currently on SSI/MediCal.

Fees: Fees vary; most services have no fee.

Area Served: Bay Area (6 counties): San Francisco, Contra Costa County, San Mateo County, Alameda County, Marin County, Santa Clara County

Other: Can refer to other counties in California and out-of-state

Foreign Languages: Spanish

Public Transportation: MUNI - # 1, 2, 4, 6, 8, 7, 9 and 26 bus line.
METRO J, K, L, & M
BART

Funding Sources:

Other Information: Office is wheelchair accessible; meetings are announced in advance and are held in accessible locations. Individual planning sessions can be held with caregivers to identify and address needs of patients, caregivers and families.

FILIPINO-AMERICAN COUNCIL OF SAN FRANCISCO INC.
2948 16th Street
San Francisco, CA 94103

626-0773

Services & Description:	Lunch program; outreach program; information and referral services; recreation, education and cultural activities; volunteer medical clinic.
Who to Contact:	Director
Director:	Art A. Almendral
Days and Hours:	Monday to Friday, 8:30 am to 5:00 pm
Eligibility:	
Income and Age:	EOC - 55+
	COA - 60+
Fees:	Lunch donation
Area Served:	San Francisco, primarily Mission district
Other:	
Foreign Languages:	Tagalog, Cebuano, Hiligaynon (All Filipino dialects), English, Spanish
Public Transportation:	MUNI: # 9, 12, 14, 22, 26, 49 BART.
Other Information:	Employment Training Program
	Assists seniors in obtaining a variety of services i.e. SSI, Medi-care/Medi-cal Escort, Nutrition, Recreation, Assist on MUNI Bus Fare, Job Placement, Foodstuff distribution (cheese & butter).

FOSTER GRANDPARENT PROGRAM
FAMILY SERVICE AGENCY OF SAN FRANCISCO
1010 Gough Street
San Francisco, CA 94109

474-7310

Services & Description: Employment oportunities for persons aged 60 and over. 20 hours per week, 4 hours per day. Paid stipend of $2.20 per hour, on-taxable. Get one meal free daily. Three weeks sick leave; two weeks paid vacation. Transportaton allowance and annual physical examination. Seniors care for children; link between generations.

Who to Contact:

Director: Jean Parrott

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: Priority to aged 60 and over with low income. Physically fit to serve.

Fees: None

Area Served: City Wide

Other:

Foreign Languages: Spanish, Tagalog

Public Transportation: MUNI: #31, 38, 47

Funding Sources: Federal/State/Community

Other Information: Not accessible to wheelchairs

FRAIL (FINANCIAL RESOURCES ASSISTING INDEPENDENT LIVING)
P.O. Box 11833
San Francisco, CA 94101

558-2256

Services & Description: Money Management for seniors with retirement income. Clients must be case managed by a San Francisco social services agency and referrals made by worker. The money management is done with the voluntary cooperation of the client and with the on-going case management of the concerned agency.

Who to Contact:

Director: Grace Delucchi

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age: 60+

Fees: None

Area Served: San Francisco

Other:

Foreign Languages: Italian, Spanish

Public Transportation:

Funding: City & County of San Francisco

Other Information:

FRANCIS OF ASSISI COMMUNITY
145 Guerrero Street
San Francisco, CA 94103

621-4092

Services & Description:

1. H.U.D. subsidized housing for older and handicapped adults.

2. Community Center

   Nutrition Program: Lunch is served Monday through Friday at noon. Sign up begins at 9:00 am.

   A full calendar of activities, including recreational, educational and health screening programs.

Who to Contact: Jane Kinzler, Program Director

Director: Val Agostino, Administrator

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

- Income and Age: 60+
- Fees: $1.25 suggested donation for lunch.
- Area Served: Anyone eligible is welcome.
- Other: For housing information, call 621-4092.

Foreign Languages: Spanish, Tagalog

Public Transportation: MUNI - Market Street: Get off at Market and Guerrero
Mission Street: Mission buses at 14th St.
#26 Valencia: Get off at 14th Street.
BART - 16th & Mission is the closet stop.

Funding Sources: Federal & Commission on Aging

Other Information:

FREDERICK C. CORDES EYE CLINIC
University of California San Francisco
400 Parnassus Ave, 7th Floor
San Francisco, CA 94143

476-2142

Services & Description: Complete ophthalmological services: from eyeglass presciptions to intraocular micro-surgery; specialty clinics for retinal disease, glaucoma, ocular oncology, ophthalmic plastic surgery.

Who to Contact: Peggy Yamada, COT

Director: Michael V. Drake, M.D.

Days and Hours: Monday, Tuesday, Wednesday, Friday
9:00 am to 4:00 pm

Eligibility:

Income and Age:

Fees: Sliding Scale

Area Served: San Francisco Bay Area

Other:

Foreign Languages: Spanish, Chinese, Russian, translators available for other languages.

Public Transportation: MUNI: #6, 66, 43, N-Judah Streetcar

Funding Sources:

Other Information:

FRIENDSHIP CENTER
711 Eddy Street
San Francisco, CA 94109

775-5052

Services & Description: Drop-in center run by Senior volunteers, where individuals can purchase low cost, nutritious, breakfast and lunch foods. Support services available. Friendship Center staff can provide crisis intervention, referrals for housing health, and personal issues, as well as limited counseling. The Center provides space for AA Groups, sponsors informational/educational talks, as well as a varied social program. Seniors from the community take an active role with program planning and day to day operation. Working at The Friendship Center allows individuals an opportunity to utilize work and social skills by taking an active part in their community.

Who to Contact:

Director: Stephen Graham

Days and Hours: Monday to Friday, 10:00 am to 2:00 pm
Lunch on Saturday ($1.00 for seniors)

Eligibility:

Income and Age: Persons age 55 and older and/or disabled.

Fees: No fee for service; low cost food

Area Served: San Francisco - Tenderloin - Civic Center

Other:

Foreign Languages:

Public Transportation: #31 Balboa, 19 Polk, all Van Ness buses

Other Information: Friendship center is a component of Services for Seniors, Inc. and an affiliate agency of Northern California Presbyterian Homes, Inc.

FRIENDSHIP LINE FOR THE ELDERLY
3940 Geary Blvd.
San Francisco, CA 94118

Administration: 752-4866
24-Hour Hotline: 752-3778

Services & Description: The Friendship Line for the Elderly is a 24-hour Information & Referral Service for seniors in San Francisco. Emotional support and crisis intervention are also part of this telephone service.

An Outreach program is also available for any elder who may be depressed, isolated, frail, and/or suicidal. Trained volunteers are linked to isolated elders through on-going telephone calls and visits.

Who to Contact: Patrick Arbore

Director: Patrick Arbore

Days and Hours: 24-hours/day, 7 days/week

Eligibility:

- Income and Age: 60+
- Fees: None
- Area Served: City and County of San Francisco
- Other:

Foreign Languages: Various

Public Transportation: N/A

Funding Sources:

1. Department of Public Health, Office of Senior I & R.
2. United Way of the Bay Area
3. Private Donations

Other Information: Services for:

1. Elder Abuse Prevention
2. Elderly Alcohol Abuser

FROMM INSTITUTE FOR LIFELONG LEARNING
University of San Francisco
University Center, Room 538
Ignatius Heights
San Francisco, CA 94117

666-6805 or 666-6320

Services & Description:	Three 8-week sessions per year of daytime classes (Mon, Tues, Wed, Thurs.) at college level, in a variety of subjects taught by emiriti professors, University courses can be visited with permission.
Who to Contact:	Robert Fordham, Program Manager Anabella Denisoff, Program Secretary Professor John Dennis
Director:	
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	50+
Fees:	$200 per year
Area Served:	Bay Area
Other:	
Foreign Languages:	Spanish & French
Public Transportation:	Fulton Street buses, #5 Fulton, #43 Masonic, #31 Balboa
Other Information:	Scholarships available

GERIATRIC ASSESSMENT SERVICE
Mount Zion Hospital and Medical Center
1600 Divisadero Street
San Francisco, Ca 94115

885-7521

Services & Description: Provides Multidisciplinary team assessment, recommendations and referrals for ongoing care and case management services. Service is especially useful for elderly persons who are confused, depressed or thought to have "senility" or Alzheimer's Disease; are having problems of a geriatric nature such as frequent falls; have had unexplained change in behavior or functional level; or are being considered for nursing home placement. Includes home evaluation by a nurse or occupational therapist as well as outpatient evaluations by a physician specializing in geriatric medicine, pharmacologist, psychiatrist, neuropsychologist, social worker, and occupational therapist. Continued contact with family, community physician and other service providers.

Who to Contact: Mindy Toth, R.N., B.S.N.

Director: Mindy Toth, R.N., B.S.N.

Days and Hours: Monday to Friday, 8:00 am to 4:30 pm

Eligibility:

- Income and age: None
- Fees: Medicare, MediCal, private insurance, and sliding fee scale.
- Area Served: No geographic limitations.
- Other:

Foreign Languages: Russian, others provided on request.

Public Transportation: MUNI: #1, 2, 4, 24, 38

Funding Sources: Private grant, Medicare, private insurance

Other Information: Wheelchair accessible

GERIATRIC MEDICAL CLINIC
OF MOUNT ZION HOSPITAL AND MEDICAL CENTER
1600 Divisadero Street
San Francisco, CA 94115

885-7592

Services & Description:	"Comprehensive health care for elders with problems uniquely related to the aging process".
Who to Contact:	Marcia Robinson, R.N.
Director:	Harold Brownstein, M.D.
Days to Hours:	Monday to Friday, 8:00 am to 4:00 pm
Eligibility:	Designed for elders
Income and Age:	No restrictions
Fees:	Medicare and Medical, private insurance or sliding scale.
Area Served:	City-wide
Other:	
Foreign Languages:	Translators available
Public Transportation:	MUNI: #1, 2, 4, 24 38.
Funding:	Mt. Zion Hospital
Other Information:	We work with various community agencies to provide health care and social services for the elders of San Francisco.

GERIATRIC MENTAL HEALTH SERVICE
SAN FRANCISCO COMMUNITY MENTAL HEALTH
Central City Seniors Unit
1182 Market Street, 2nd Floor
San Francisco, CA 94102

558-4671

Services & Descriptions:	Psycho-therapy, Family and Individual therapy, Crisis Intervention, Medications given - Home Visiting, Chemotherapy, Case management, Community education, Information and Referral.
Who to Contact:	Intake Clinician
Director:	Linda L. Brize, CNS
Days and Hours:	Monday to Friday, 8:30 am to 5:00 pm
Eligibility:	
Income and Age:	60+
Fees:	Sliding scale, accept Medi-Cal City sends statement to private insurance.
Area Served:	Tenderloin, South of Market to Bush, Central City
Other:	
Foreign Languages:	German, Italian, Chinese Spanish and Tagalog
Public Transportation:	MUNI and BART
Other Information:	Formerly Northeast Mental Health Prefer to serve in their area.

GERIATRIC MENTAL HEALTH SERVICE
S.F. COMMUNITY MENTAL HEALTH
Chinatown/North beach Clinical Services
1548 Stockton Street
San Francisco, CA 94133

398-0981/398-2266

Services & Description: Psycho-therapy, family and individual therapy, crisis intervention. Medications, Acupuncture, Outreach, Information and Referral.

Who to Contact:

Geriatric Manager: Rudy Kuo

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age: 60+

Fees: Sliding Scale
Accept MediCal, MediCare, private insurance

Area Served: Primarily Chinatown, North Beach

Other:

Foreign Languages: Cantonese, Mandarin, Vietnamese, Cambodian, Thai and Italian

Public Transportation: MUNI: #30, 41, 15

Other Information:

GERIATRIC MENTAL HEALTH SERVICES
S.F. COMMUNITY MENTAL HEALTH
Family Service Agency
1010 Gough Street
San Francisco, CA 94109

(Western Addition, Pacific Heights, Marina, Fillmore, Haight, Part of Tenderloin)

474-7310

Services & Description: Day treatment services, Outpatient services including psycho-therapy, family and individual therapy, crisis intervention, medications given, and home visiting. Information and referral.

Who to Contact: Staff

Director: Gail Lashman, Program Director

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: 60+

Fees: Sliding scale
Accept MediCal, MediCare
City sends a statement to private insurance

Area Served: Western Addition, Pacific Heights, Marina, Fillmore, Haight, Parts of Tenderloin

Foreign Languages: Cantonese, Tagalog, Japanese

Public Transportation: MUNI: #31, & 38

Other Information: Prefers to serve in their area

GERIATRIC MENTAL HEALTH SERVICES
S.F. COMMUNITY MENTAL HEALTH
South East Mission
3905 Mission Street
San Francisco, CA 94112

558-2656

Services & Description: 2 programs - Geriatric Services. Out-patient Department and Geriatric Day Treatment Center. Out-patient includes office and home visiting capacity for assessments - crisis intervention. Individual therapy and medication therapy offered. Consultation to individuals, families and agencies. Out-patient is open 5 days a week, Monday to Friday, 8:30 to 5:00 pm. In an emergency, call Mission Crisis 558-2071 after 5 p.m. for Mission patients and Souteast patients call Psychiatric Emergency 821-8125. The Day Treatment Center serves acutely and chronically ill patients in a 4 hour a day structured setting. Outings are included. The Day Treatment Center is open Monday to Wednesday, 9:30 to 1:30 p.m. Transportation services available.

Who to Contact: Intake Worker

Director: Mary Emma Dean, LCSW

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

- Income and Age: 60+
- Fees: MediCare, MediCal, private insurances and sliding fee schedule based on ability to pay
- Area Served: City wide; southern area of city
- Other: Will serve patients in this district, have city-wide capability for Spanish and Tagalog speaking patients.

Foreign Languages: Spanish, Tagalog, German

Public Transportation: MUNI: #14, 49, 67, 10

Funding Sources:

Other Information: Staff is multi-disciplined with psychiatrists, social workers, nurse, occupational therapists, senior aides

GERIATRIC MENTAL HEALTH SERVICES
S.F. COMMUNITY MENTAL HEALTH — Western, OMI, Richmond & Sunset
1351 42nd Avenue
San Francisco, CA 94122

753-6073

Services & Description:	Psychiatric evaluation and treatment. Two components: 1) Geriatric Day Treatment 2) Geriatric Home Evaluation and Treatment. Services include a structured psychiatric day treatment program, medications, individual, group, and family therapy; crisis intervention; home treatment; limited case management.
Who to Contact:	Intake Worker
Director:	Kenneth Passamaneck, M.D.
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+
Fees:	MediCare, MediCal. City sends statements to private insurance. Or fees based on ability to pay.
Area Served:	OMI, Richmond and Sunset
Other:	No drop-in; by appointment only.
Foreign Languages:	Cantonese, Mandarin, Tagalog
Public Transportation:	N-Judah Streetcar
Funding Sources:	San Francisco, Community Mental Health Services
Other Information:	Transportation provided to Geriatric Day Treatment if needed.

GLIDE SENIOR NETWORK
330 Ellis Street
San Francisco, CA 94102-2759

771-0226
771-6304

Services & Description:

1. Advocates, educate Seniors on rights; meetings every Thursday at noon.
2. Help Seniors get SSI
3. Recreational field trips;
4. Referrals;
5. Glide Seniors meet every Thursday at noon.

Who to Contact: Shirley Bierly

Director: Rev. Edward L. Peet

Days and Hours: Monday to Friday, 9:00 am to 3:00 pm

Eligibility:

Income and Age: 55+

Fees: None

Area Served: All of California, but primarily San Francisco.

Other:

Foreign Languages:

Public Transportation: MUNI: #31, 38, 27

Funding Sources: Contributions, Grants, Fund Drives, Headquarters of California Legislative Council for Older Americans; Regional Office for National Council of Senior Citizens - Senior Power Newspaper $3.00 per year.

Other Information:

GOLDEN GATE FOR SENIORS
637 South Van Ness Avenue
San Francisco, CA 94110

626-7553

Services & Description:	Recovery home; individual and group counseling; primary problem of alcoholism for men and women over 55. 18 People for 2-12 months.
Who to Contact:	Don Frolli
Director:	Don Frolli
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm (Office)
Eligibility:	
Income and Age:	55+
Fees:	Sliding scale ($300-325 norm)
Area Served:	San Francisco
Other:	Recovering Alcoholics
Foreign Languages:	
Public Transportation:	MUNI: Mission Street buses (#14, 22)
Funding Sources:	San Francisco Department of Public Health, Community Substance Abuse
Other Information:	Potential residents need to be ambulatory and free of drugs. Must make appointment for admission.

GRAY PANTHERS (Age & Youth in Action)
325 9th Street
San Francisco, CA 94103

552-8800

Services & Description:	Information and referral; advocacy/education around issues of aging; organizing; housing, transportation, income maintenance, Medi-care and Medi-cal problems, and cooking demonstrations on cheap and nutritious meals.
Who to Contact:	Miriam Blaustein
Director:	Sherry Gendelman
Days and Hours:	Monday through Thursday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	All age groups welcome
Fees:	$10.00 annual membership dues, minimum
Area Served:	San Francisco only
Other:	
Foreign Languages:	
Public Transportation:	MUNI: #19 Polk Street
Funding Sources:	Donations, Foundation, Grants and Membership dues
Other Information:	Access for handicapped

HOSPICE PROGRAM OF VISITING NURSES & HOSPICE OF S.F.
401 Duboce Avenue
San Francisco, CA 94117

861-8705

Services & Description: Patients and families receive skilled and compassionate care, emphasizing pain control, comfort measures, and relief time (respite) for family members.

The Hospice team consists of nurses, social workers, homemaker/home health aides, volunteers, rehabilitation therapists, nutritionists, and other professionals under a physician's guidance.

Also, a hospice program is available for people with AIDS and ARC. For more information, please call the same number as above.

Who to Contact: Intake and Referral Department

Director: Jeannee Martin

Days and Hours: Intake & Referral: Monday-Friday, 8:00 am to 7:00 pm. Nursing services are available 24 hours a day, 7 days a week.

Eligibility:

Income and Age: No limitations

Fees: Insurance, MediCare, MediCal, private pay

Area Served: San Francisco and northern San Mateo counties

Other:

Foreign Languages: Spanish, Tagalog, Chinese (major dialects), and other languages.

Public Transportation: N/A

Funding Sources: Third party reimbursement, private donations, Untied Way

Other Information:

Please see: Coming Home Hospice and Visiting Nurses & Hospice of San Francisco.

Bereavement Services For grief counseling and support groups.

Dedicated Volunteers Always welcome. Orientation and support programs available. Please ask for the Volunteer Coordinator.

Donations are always needed and appreciated. Please call 285-5615 and ask for Fund Development.

HOUSING CONSERVATION & DEVELOPMENT CORPORATION
1637 Ocean Avenue
San Francisco, CA 94112

586-8000

Services & Description:	Loan programs for voluntary building code compliance, home repair and accessiblity modifications. Technical assistance for determining needed repairs.
Who to Contact:	Katherine Wells, Rehabilitation Finance Specialist Magdalena Lopez, Rehabilitation Finance Specialist. Assistant
Director:	Roberta Catalinotto, Director
Days and Hours:	Monday to Friday, 8:30 am to 5:00 pm
Eligibility:	S.F. Resident
Income and Age:	No age limit; call for income details
Fees:	
Area Served:	Oceanview, Excelsior, Merced, Bayview-Hunters Point, Visitation, Ingleside and city-wide for the disabled.
Other:	Homeowners, some services to rental property owners.
Foreign Languages:	Spanish
Public Transportation:	K-Ingleside, balboa Park BART
Funding Sources:	City (Mayor's Office of Housing and Economic Development)
Other Information:	Services provided in-home for disabled. Agency serves low to moderate income and elderly homeowners; one program for rental property owners.

INCOME RIGHTS PROJECT
251 Eddy Street
San Francisco, CA 94102

776-3255

Services & Description:	SSI/SSP, Social Security disability and AFDC Counseling. Legal representation for SSI/SSP and Social Security disability denials.
Who to Contact:	John Hardesty
Director:	Same
Days and Hours:	Drop-in and phone-in: Tuesday & Thursday 10:00 am to 2:00 pm Other days by appointment
Eligibility:	
Income and Age:	Anyone can apply for above programs.
Fees:	Free except where contingency fee is permitted for SSI & Social Security denials.
Area Served:	San Francisco
Other:	
Foreign Languages:	None
Public Transportation:	All market street buses and streetcars. MUNI: #31 Balboa bus
Funding Sources:	
Other Information:	Services provided or supervised by an attorney.

INDEPENDENT HOUSING SERVICES
25 Taylor Street
San Francisco, CA 94102

441-6781

Services & Description:	Housing referral and counseling for physically disabled and persons over 60. Architectural services for property owners who wish to make their property accessible to disabled people.
Who to Contact:	Staff
Director:	Walter Park, Executive Director
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	
Fees:	No fee to physically disaabled and elderly clients. Fees charged for access modifications.
Area Served:	San Francisco
Other:	Physically disabled persons of all ages
Foreign Languages:	Spanish and American sign lanaguage
Public Transportation:	Market street buses, MUNI, two blocks from BART
Funding Sources:	Mayor's Office of Community Development, SF Commission on Aging
Other Information:	

INDEPENDENT LIVING RESOURCE CENTER SAN FRANCISCO
4429 Cabrillo Avenue
San Francisco, CA 94121

751-8765
751-7655 (TTY)

Services & Description:	Benefits and financial counseling, peer counseling, group and individual. Attendant referral and training for in-home supportive services (see "Personal Care Attendant Services"). Training and evaluation of independent living skills. Sale of adaptive devices needed by individuals with a disability. Home equity conversion counseling
Who to Contact:	Herb Levine or appropriate service department
Director:	Kathy Uhl
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	None
Fees:	Nominal, sliding scale
Area Served:	Bay Area, but mainly San Francisco
Other:	Disabled individuals of all ages
Foreign Languages:	Tagalog, Some Italian, French, Spanish
Public Transportation:	Accessible MUNI buses #31, 38, also #5 (1 block away)
Funding Sources:	Funded by State and Federal Independant Living Funds, California Department of Aging, Grants from corporations and foundations, fundraising events, etc.
Other Information:	Home Equity Conversion HEC can unlock the value of a seniors home and turn it into cash.

INGLESIDE SENIOR CENTER
1345 Ocean Ave
San Francisco, CA 94112

587-4472

Services & Description:	Hot nutritious lunch program served Monday through Friday at noon. Center has different activities going on everyday. Arts & crafts, nutritional education, movies, trips etc.
Who to Contact:	Gloria Hall, (Services Coordinator)
Director:	Host Agency Director: Rev. Roland Gordon
Days and hours:	Monday to Friday, 8:30 am to 2:30 pm
Eligibility:	
Income and Age:	No income eligibility; has to be 60 & over
Fees:	Suggested donation of $1.25
Area Served:	Ingleside District
Other:	
Foreign Languages:	Coordinator speaks Tagalog fluently
Public Transportation:	K-Street car
Funding Sources:	Salvation Army & Commission on the Aging
Other Information:	Since the center is in the Ingleside Presbyterian Church, many people feel that they have to be church members. Everyone is welcome and do not have to belong to the church

INTERNATIONAL INSTITUTE
2209 Van Ness Avenue
San Francisco, CA 94109

673-1720

Services & Description:	Refugee Resettlement: legal services related to immigration, translation, counseling health services, ESL, employment development and information and referral.
Who to Contact:	Intake staff
Director:	Don Eiten
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm No immigration clients or calls on Wednesday. Drop-in clients seen 1:00 am to 4:00 pm Monday, Tuesday, Thursday, and Friday
Eligibility:	
Income and Age:	
Fees:	Sliding scale, fees waived for low income
Area Served:	San Francisco, San Mateo, and Marin counties
Other:	Preference given to those in the U.S. less than five years.
Foreign Languages:	Chinese, Tagalog, Japanese, Korean, Vietnamese, Cambodian, French, Laotian, German, Italian, Spanish and Portuguese
Public Transportation:	MUNI: #47
Funding Sources:	United Way
Other Information:	International Institute of the East Bay serves Alameda and Contra Costa Counties: 297 Lee Street Oakland Telephone: 451-2846

ITALIAN WELFARE AGENCY
678 Green Street
San Francisco, CA 94133

362-6423

Services & Description:	Planning and care of aged, serving Italians and Italian-Americians. Financial emergency assistance extended when not available elsewhere (public agencies)
Who to Contact:	Any staff member of Italian Welfare Agency
Director:	Lisa Bagnatori
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	Low and middle income all ages
Fees:	None
Area Served:	Bay Area
Other:	
Foreign Languages:	Italian, some French, Spanish
Public Transportation:	Bus Lines - MUNI #15, 30, 41
Funding Sources:	Private
Other Information:	Elevator service to agency office on the third floor.

JAPANESE FAMILY SERVICE PROGRAM
Family Service Agency of San Francisco
1010 Gough Street (Eddy)
San Francisco, CA 94109

474-7310

Services & Description: Bilingual/bi-cultural outpatient, office and home visitation counseling services to Japanese-American community of San Francisco. Mental Health consultation, education and information.

Who to Contact:

Director:

Days and Hours: Monday to Friday, 9:00 a, to 5:00 pm
Evening appointments available

Eligibility:

Income and age: No limits, community groups, agencies and individuals

Fees: Sliding scale (UMDAP)

Area Served: S.F. City and County; other areas if services not available there.

Other:

Foreign Languages: Japanese (Mono-lingual Japanese)

Public Transportation: MUNI: #31 Balboa, Van Ness or 38 Geary buses

Other Information:

JAPANESE NEWCOMER SERVICES (NOBIRU KAI)
1840 Sutter Street, Suite 201
San Francisco, CA 94115

922-2033

Services & Description:	Social Service translation or interpretation activity employment (for Japanese-speaking only); volunteer group. Recreationai and educational activities; newsletter.
Who to Contact:	Staff
Director:	Izuru Aratani
Days and Hours:	Tuesday through Friday, 1:00 pm to 5:00 pm Saturday, 12:00 to 3:00 pm
Eligibility:	
Income and Age:	Primarily low income
Fees:	None
Area Served:	Bay Area
Other:	
Foreign Languages:	Japanese
Public Transportation:	MUNI #2, 3, 4, 38 (Cross street is Webster)
Funding Sources:	Membership, Donation, Pledge of Presbyterian Church and United Methodist Church.
Other Information:	Drop-in Center 1840 Sutter Street San Francisco, Ca 94115

JEWISH FAMILY AND CHILDREN'S SERVICES
1600 Scott Street
San Francisco, CA 94115

567-8860

Services & Description: Provides assessment and case mangagement, counseling, supportive social services and group educational programs. Senior services especially designed to meet the geriatric needs of the Jewish population. Home care for Jewish elderly program provides home assessment and home care assistance.

Who to Contact: Intake Worker for Geriatric Services

Director: Anita Friedman, Executive Director

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age: No restrictions; individuals and families.

Fees: Counseling and Case Management, fees based on ability to pay.

Area Served: San Francisco, San Mateo, and Marin Counties

Other:

Foreign Languages: Russian, Hebrew, Yiddish, German, Polish

Public Transportation: MUNI: #1, 2, 4, 24, and 38

Funding Sources: Grants, Jewish Community Federation, Fees, United Way, Donations.

Other Information: Programs include:

1. Counseling, Case Mangagement, Home Visits available.
2. Home Care Referral Program
3. Volunteer Services: Transportation & Escort service, Friendly visiting.
4. Shared Housing and matched living program;
5. Widow and Widower Outreach Program;
6. Adult-Children with aged parents support group;
7. Caregiver Support Group
8. Tenderloin Outreach Program

JEWISH HOME FOR THE AGED
302 Silver Avenue
San Francisco, CA 94112

334-2500

Services & Description: Voluntary, non-profit geriatric center maintaining comprehensive services for the elderly; full complement of medical, nursing, dietary, social service and activity programs is provided, licensed as a skilled nursing, long term care facility. Day Care services are included. Independent living complex on facility's grounds.

Who to Contact: Social Service Department, Intake Worker

Director: Jerry A. Levine, Executive Director

Days and Hours: Monday to Fridays, 8:30 am to 5:00 pm

Eligibility:

- Income and Age: 65+
- Fees: Private pay, MediCare and MediCal
- Area Served: San Francisco, Marin, Sacramento, San Mateo, Santa Clara, San Jose Counties
- Other:

Foreign Languages: Russian, German, Yiddish

Public Transportation: MUNI: #44, 51, Mission Street transportation

Funding Sources: Beneficiary Agency of Jewish Community Federation and of United Way

Other Information:

JEWISH VOCATIONAL & CAREER COUNSELING
870 Market Street, #872
San Francisco, CA 94102

391-3595

Services & Description:	Special program for older workers (50+) Placement assistance and vocational counseling. Job listings available in the office (Donations are accepted)
Who to Contact:	In-Take Counselor
Director:	Abby Snay, Executive Director
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	None
Fees:	Sliding scale for Counseling and Vocational Counseling
Area Served:	San Francisco, Peninsula, Marin
Other:	
Foreign Languages Spoken:	Russian
Public Transportation:	Market Street buses (Cross streets are 4th and 5th) BART (Powell Street)
Other Information:	Special unit for emigrees; non-sectarian

KIMOCHI, INC.
1581 Webster St. #10
San Francisco, CA 94115

931-2294

Services & Description: Information and referral; social service; transportation; arts and crafts; recreation; nutrition and supportive services; drop-in lounge is located in the Japan Center and is open 7 days a week. Home delivered and congregate meals; escort service; residential care; adult social day and respite care.

Who to Contact: Staff
Richard Eijima
Nutrition Coordinator
931-2294
Kimochi Home Project
922-9972

Director: Steve Nakajo, M.S.W.

Days and Hours: Monday to Friday, 10:00 am to 4:00 pm
Nutrition Program: Monday through Sunday, 10:30 am to 12:30 pm
Saturday & Sunday, 12:00 pm to 4:00 pm

Eligibility:

Income and Age: No income eligibility;
60+

Fees: None. $1.00 donation for nutrition program $.25 for transportation

Area Served: Western Addition, Sunset and Richmond districts

Other:

Foreign Languages: Japanese

Public Transportation: MUNI: Sutter Street buses
Geary, California and Clement buses

Other Information: Fee for residential, respite care, social day care

KOREAN COMMUNITY SERVICE CENTER
3136 Fulton Street
San Francisco, CA 94118

567-3267
386-8333

Services & Description: Information and referral; various supportive services; consumer education; counseling program (individual and family); newcomer orientation, escort/job-seeking help; immigration services; mental health referral and counseling; translating and interpreting, senior center recreation activities, meals service.

Who to Contact:

Director: Frank Yoon

Day and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: Senior services: 60 and over; other services open to all.

Fees: None for services; $1.00 suggested donation for senior meals; Monday to Friday, 12:00 pm to 1:00 pm

Area Served: San Francisco

Other:

Foreign Languages: Korean

Public Transportation: MUNI: 5, 21, 31, 44

Other Information: Job Board open for all job seekers

Funding Sources: City and County of San Francisco

LAGUNA HONDA ADULT DAY HEALTH CENTER
375 Laguna Honda Blvd.
San Francisco, CA 94116

664-1580
EXT 353

Services & Description: A multi-disciplinary Adult Day Health program, with rehabilitation services, social services, nursing and personal care services, hot noon meals, social/recreational activities and transportation to and from the center. This program helps frail elders continue living at home. Have recently added a Social Day component for frail elders who do not need the rehabilitive services but who would benefit from a structured environment and the other services such as nursing monitoring, and the social and recreational aspects of the program.

Who to Contact: Linda Karpawich or Pat Devine

Director: Linda Karpawich

Days and Hours: Monday to Friday, 8:00 am to 4:30 pm

Eligibility:

- Income and Age: Frail elderly
- Fees: MediCal or sliding scale
- Area Served: Sunset, Park Merced, Stonestown and outer Richmond
- Other:

Foreign Languages: Cantonese, Mandarin, Spanish

Public Transportation:

Other Information: On grounds of Laguna Hospital

Funding Sources: Funded partially by City & County of San Francisco.

LA RAZA INFORMATION CENTER
3174 24th Street
San Francisco, CA 94110

826-5855

Services & Description:	Immigrant and Refugee programs; support services such as typing, writing letters in Spanish and English. Information and Referral Services; fill out forms, including income tax for low-income clients (no fee). Have radio program station (KOFY) aired on Tuesdays & Saturdays (9:00 am) Provide translating and services for businesses and industries at regular fee.
Who to Contact:	Julio D. Argueta
Director:	Antonieta Martinez
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	No limits
Fees:	None (except, translating services)
Area Served:	Anywhere
Other:	
Foreign Languages:	Spanish
Public Transportation:	BART at 24th Street MUNI: Mission street buses, #48 Quintara
Other Information:	Accept donations

LATINO FAMILY ALCOHOLISM COUNSELING CENTER
3690 18th Street
San Francisco, CA 94110

864-4600

Services & Description: Outpatient alcoholism services, Primary focus is Family Counseling. Other services: Individual and group counseling, educational and outreach activities.

Who to Contact: Marici Goiri, M.A., Outreach Worker

Director: Mario Alvarez, M.A., M. ED. PSY.

Days and Hours: Office: Monday to Wednesday, 9:00 am to 6:00 pm
Thursday & Friday, 9:30 am to 5:00 pm
Program: Mon-Fri 9:00 am to 6:00 pm
Sat 9:00 am to 4:00 pm

Eligibility:

Income and Age: N/A

Fees: Sliding Scale available; Insurance, no MediCal

Area Served: San Francisco County

Other:

Foreign Languages: Spanish

Public Transportation: MUNI: #26, 33, J-Church streetcar, Mission street bus lines) also Bart at (16th & Mission street).

Funding Sources: Division of Alcohol Programs (CSAS)

Other Information: No medication provided; no medical services available. When needed, referrals are made.

LAWYER REFERRAL SERVICE OF SAN FRANCISCO BAR ASSOCIATION
685 Market Street, Suite 700
San Francisco, CA 94105

764-1616

Serives & Description: They interview client, arrange appointment with appropriate attorney. Fee is $25.00 for referral and 1/2 hour consultation with lawyer; if he/she is retained, fee is arranged directly between client and lawyer.

Who to Contact: Any legal interviewer; by phone appointment only

Director: Irene Kibert

Days and Hours: Monday to Friday, 9:00 am to 12:30 pm
1:30 pm to 4:30 pm

Eligibility:

Income and Age:

Fees: $25.00 as above; also make low fee and no fee referrals when income is very low and client owns no property

Area Served: San Francisco

Other:

Foreign Languages: Chinese, Tagalog, French, and Spanish

Public Transportation: No walk-in service

Other Information:

L'CHAIM: RUSSIAN EMIGRE SENIOR CENTER
751 25th Ave
San Francisco, CA 94121

386-0664

Services & Description: A center for frail Russian-speaking elderly offering a variety of educational social and religious experiences for frail Jewish Russian Emigres. A wide range of classes, special events and lectures are provided by bilingual staff and consultants to meet the specific needs of this population. Referrals welcome

Who to Contact:

Director: Linda Solomon

Days and Hours: Center open Mondays, Tuesdays & Fridays, 9:00 am to 5:00 pm. Participants attend either 1, 2 or 3 days per week from 10:00 am to 3:00 pm

Eligibility:

Income and Age: Program designed for frail elderly Russian Emigres; no income requirements.

Fees: $10.00/year membership fee

Area Served: Primarily San Francisco; referrals accepted from anywhere in the Bay Area

Other:

Foreign Languages: Russian, Yiddish

Public Transportation: MUNI: #31 Balboa, 38 Geary & 29 Sunset

Other Information: Paratransit transportation services available for participants unable to independently provide transportation or unable to obtain family assistance. Meals not provided; snacks and special holiday/special event meals provided.

Funding Sources: Jewish Community Federation, Mount Zion, Jewish Family & Children's Services

LEGAL ASSISTANCE TO THE ELDERLY, INC
1453 Mission Street, 5th Floor
San Francisco, CA 94103

861-4444
861-4555 (Insurance Counseling)

Services & Description:	Legal Assistance to older S.F. residents (including information, referral, community education), MediCal, MediCare, financial abuse, physical abuse, public benefits, veterans benefits, pension, annuities, wills, nursing home and residential care, consumer/vendor, employment, adult protective services. Renters: Landlord/tenants relations, (evictions, rent increases).
Who to Contact:	Office for intake sites (see below)
Director:	Ms. Orah I. Young
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm By Appointment only Limited Sunday appointments available
Eligibility:	
Income and Age:	60+; no income limitation
Fees:	None
Area Served:	San Francisco
Other:	Most fee-generating cases not accepted
Foreign Languages:	Spanish, Mandarin, Cantonese, Tagalog
Public Transportation:	MUNI: #9, 13, 19, 26, 42, 47 METRO: J, K, L, M, N - Van Ness Station BART - Civic Center Station
Funding Sources:	San Francisco Commission on Aging and others
Other Information:	Intake is conducted at sites; clients seen by appointment only. Immigration, criminal, dissolution, separation, probate, bankruptcy cases are referred to more appropriate agency.

LEGAL ASSISTANCE TO THE ELDERLY, INC.
Health Insurance Counseling and Advocacy
Program (HICAP)
1453 Mission Street, 5th Fl.
San Francisco, CA 94103

861-4555

Services & Description: HICAP provides information and advocacy to seniors regarding their MediCare and health insurance coverage. Volunteer counselors help seniors to make wise decisions on MediCare Supplemental Insurance, health maintenance organizations long term care insurance and hospital marketing plans. Legal assistance is available on more complex cases and appeals.

Who to Contact: HICAP office: 861-4555, Volunteer counselors

Director:

Days and Hours: No drop-in appointments available weekdays

Eligibility:

- Income and Age: 60 years and over
- Fees: None
- Area Served: San Francisco. Will see clients from other cities, but they must come to San Francisco for service.
- Other:

Foreign Languages: Spanish

Public Transportation: MUNI: Market street buses
BART - Civic Center Station

Funding Sources: Legal Assistance to the Elderly, California Department on Aging

Other Information:

THE LIGHTHOUSE FOR THE BLIND & VISUALLY IMPAIRED
Twenty 10th Street
San Francisco, CA 94103

431-1481

Services & Description: Counseling/Social Services; information and referral; intake evaluation, crisis intervention; education, employment assistance; low vision service: Medical evaluation limited, collection of cassettes, Braille books, large print books, recorded magazines and tape players. Recreation; rehabilitation, orientation/mobility instruction; Resource Center; large selection of adapted aids to appliance for retail sales. Call and ask for service you want; operator will refer you.

Who to Contact: I & R Staff, or receptionist can direct your call

Director: Michael L. Comini

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm
Resource center closes 4:30 p.m.

Eligibility:

- Income and age: No income limits, Age 5 and up
- Fees: Sliding fee scale for some services, inquire
- Area Served: Bay Area; I & R for other areas of U.S.
- Other: Lighthouse Low Vision Services at: Pacific Presbyterian Medical Center, 5th floor Annex 563-4321, EXT. 3933

Foreign Languages: Spanish

Public Transportation: Mission street buses, BART, Market street buses

Funding Sources: Private donations, foundation/corporate grants

Other Information: Agency has interns, and volunteers at all skill levels; tours and speakers bureau are available. Call for further information at 431-1481.

LINKS
Health Center #5, Room 204
1351 24th Avenue
San Francisco, CA 94122

661-4400

Services & Description: Peer group for widows and widowers. Offers confidential sharing and mutual support, discussions of various problems, including emotional problems.

Who to Contact: Facilitator - Helen Hoy

Director:

Days and Hours: Meet bi-monthly, 2nd and 4th Thursday of each month - 1:00 pm to 3:00 pm

Eligibility:

- Income and Age: None
- Fees: None
- Area Served: San Francisco County
- Other: Only requirement is that person is widowed. A widow or widower.

Foreign Languages: None

Public Transportation: N-Judah, 16X, 71, 72

Funding Sources: None

Other Information: Membership is open; a widowed person can join at any time.

LOS MAYORES DE CENTRO LATINO
180 Fair Oaks
San Francisco, CA 94110

826-1647
826-3411 (Transportation)

Services & Description:	Translation, social case work, social activities. Food service on Monday, Tuesday, Wednesday, Thursday Sunday field trips (some fees for transportation); dances, arts and crafts, sewing classes. Home delivered meals. Interpreter/advocate.
Who to Contact:	Gloria Bonilla
Director:	Gloria Bonilla
Days and Hours:	Sunday to Thursday, 10:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+ for nutrition program only
Fees:	$1.00 donation for lunch
Area Served:	Mission District Other areas by Director's approval.
Other:	
Foreign Languages:	Spanish
Public Transportation:	MUNI: Mission street buses
Other Information:	Transportation for Center clients only
Funding Sources:	San Francisco Commission on the Aging, Human Resources Corporation, and Participant's Donations

LUTHERAN CARE FOR THE AGING INFORMATION & REFERRAL
1031 Franklin Street
San Francisco, CA 94109

441-7777

Services & Description: Information and referral of senior services. Emphasis on Housing Information. Lists appropriate to specific housing needs of Northern California.

Who to Contact:

Director:

Days and Hours: Monday to Thursday, 9:00 am to 1:00 pm

Eligibility:

- Income and Age: 55+
- Fees: None for Counseling services
- Area Served: Bay Area
- Other:

Foreign Languages:

Public Transportation: MUNI: #38 Geary bus

Other Information: Please call for appointment

MARTIN DE PORRES HOUSE
225 Potrero Ave
San Francisco, CA 94103

552-0240

Services & Description:	Free food restaurant: Breakfast: Monday to Friday 6:00 am to 7:30 am Sunday Brunch: 9:00 am to 10:30 am Lunch: Tuesday to Saturday 12:00 pm to 3:00 pm
Who to Contact :	Barbara Collier/Coordinator
Director:	
Days and Hours:	
Eligibility:	None
Income and Age:	Everyone
Fees:	None
Area Served:	All of San Francisco
Other:	"Anyone who is Hungry"
Foreign Languages:	
Public Transportation:	MUNI: #35, 47 Potrero bus
Other Information:	Supported entirely by donations; we serve about 500 meals daily

MEALS ON WHEELS OF SAN FRANCISCO, INC.
1290 Sutter Street, Suite 9
San Francisco, CA 94109

474-4646

Services & Description: Meals on wheels delivers to home-bound seniors of San Francisco, 60 years and older. We offer two meals a day (one hot, one cold). Delivery is Monday through Friday, we leave frozen meals on Saturdays, Sundays and holidays. Our volunteers and staff are aware that for many of our clients, the daily visit to their homes is as important as the meals being delivered. We have two Social Workers who can make client referrals to other agencies. Some modified diets are available.

Who to Contact: Staff

Director: Dorrwin B. Jones

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

- Income and Age: 60+ No set income requirement
- Fees: We have a sliding scale of donations (Suggested donation: $4.25)
- Area Served: City of San Francisco
- Other: A waiting list may make immediate service impossible.

Foreign Languages: Drivers: Some speak Spanish
Staff: Polish, Russian, Amharic, Italian

Public Transportation: Not applicable

Funding Sources: Client donations, private grants, S.F Commission on the Aging and USDA

Other Information: We always need committed volunteers for our Volunteer Visitor and Telephone Visit service. Donations accepted

MEMORY & ALZHEIMER CENTER/UCSF
1350 7th Ave, CSBS 228
San Francisco, CA 94143

476-7602

Services & Description:	Assessment and evaluation for people exhibiting problems with memory, confusion, depression. Multi-disciplinary team - medical, psychiatric, psychological, nursing and social work - provides complete evaluation, diagnosis, conference with family and follow-up services. Special attention to problems of spouse/families caring for patient is also provided.
Who to Contact:	Staff
Director:	Leon Epstein, M.D., Ph.D.
Days And Hours:	Monday to Friday, 8:30 am to 5:00 pm
Eligibility:	
Income and Age:	None
Fees:	Sliding scale, MediCare, MediCal, Private insurance
Area Served:	Northern California
Other:	
Foreign Languages:	None
Public Transportation:	MUNI: #6 Parnassus, 43 Masonic, N-Judah
Funding Sources:	State Department of Mental Health, UCSF
Other Information:	Wheelchair accessible. Evaluations are conducted at UCSF Medical Center

MENTAL HEALTH ASSOCIATION OF SAN FRANCISCO
2398 Pine Street
San Francisco, CA 94115

921-4401

Services & Description: Public advocacy which provides for voluntary citizen action in the promotion of mental health, improved care for the mentally disordered and community education concerning mental health issues; I&R (directory) for self-help groups through the Self-Help Clearing House.

Who to Contact: Ruth Tebbets

Director:

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco and Bay Area

Other:

Foreign Languages:

Public Transportation: MUNI: 1, 2, 3, 4, 22

Other Information:

MISSION COMMUNITY LEGAL DEFENSE, INC
2940 16th Street, Suite 301
San Francisco, CA 94103

552-3910 (Legal)

552-7208 (Advocacy)

552-7194 (Immigration)

Services & Description:	Community law office provides legal representation in criminal defense, immigration law and to seniors 60+
Who to Contact:	Receptionist and secretary for information and intake procedure
Director:	Alfredo M. Rodriguez
Days and Hours:	Monday to Friday, 8:00 am to 5:00 pm
Eligibility:	
Income and Age:	Low to moderate income - seniors 60+ and over
Fees:	None (Donations Accepted)
Area Served:	City wide
Other:	Live in Mision area for criminal & immigration
Foreign Languages:	Spanish spoken by entire staff
Public Transportation:	MUNI: Mission Street buses BART at 16th Street
Other Information:	Legal representation for Spanish speaking seniors of San Francisco, contact the Attorney-at-law.

MISSION NEIGHBORHOOD HEALTH CENTER
240 Shotwell Street
San Francisco, CA 94110

552-3870

Services & Description:	Medical services; dental services, X-rays and laboratory services. Pharmacy and social services. Provides primary comphrehensive health care services. Special seniors clinic beginning 6/87. Physician on-call 24 hours a day. Occupational medicine
Who to Contact:	Staff: 552-3870 EXT 260
Director:	Gladys Sandlin
Days and Hours:	Monday to Friday, 10:00 am to 5:00 pm
Eligibility:	
Income and Age:	Open
Fees:	Sliding Scale; MediCal, MediCare, and private insurance
Area Served:	Mission and surrounding areas
Other:	Open to all residents of San Francisco
Foreign Languages:	Spanish, Tagalog, Russian, Cantonese, Vietnamese, Japanese
Public Transportation:	MUNI: 9, 14, 22, 41 Union, any Mission street or 16th street bus.
Funding Sources:	
Other Information:	Access for handicapped - Van transportation available for elderly, handicapped, emergency situations

MONTEFIORE SENIOR CENTER
3200 California Street
San Francisco, CA 94118

346-6040

Services & Description: Multipurpose senior center

1. Kosher lunches
2. Home delivered meals
3. Transportation
4. Social Day Care (3 times a week)
5. Stroke Club
6. Couples Club
7. Trips and Outings
8. Exercise and Swimming
9. I and R
10. Legal Assistance
11. Health and Nutrition classes

Who to Contact:

Director: Erna Sparer/Executive Director

Days and Hours: Monday to Friday, 9:00 am to 4:30 pm
Sunday, 10:00 am to 3:00 pm

Eligibility:

Income and Age: 60 and over

Fees: Fixed fees, scholarships available

Area Served: San Francisco

Other:

Foreign Languages: Russian, German

Public Tranportation: MUNI: #1, 3, 4, 43

Funding Sources: San Francisco Commission on Aging + (Nutrition), Jewish Community Federation, United Way, Foundations, Private Contributions

Other Information: Limited transportation available for the handicapped.

MOUNT ZION HOSPITAL AND MEDICAL CENTER
Senior Health Screening and Referral
1600 Divisadero Street
San Francisco, CA 94115

885-7480

Services & Description:	Physical examination, lab work, psycho-social assessment, dental and hearing testing. Medical and social service referrals and follow-up for identified areas of need.
Who to Contact:	Anya Schratz, Coordinator
Director:	Dr. Harold Brownstein
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+, and have not seen physician for one year or more.
Fees:	None to client
Area Served:	San Francisco preferred, but Bay Area accepted.
Other:	
Foreign Languages:	Arrangements made for interpreters, transportation
Public Transportation:	MUNI: 1, 2, 22, 24, 38, 42, 55
Funding Sources:	MediCare assignment accepted
Other Information:	

MOUNT ZION - UCSF HOME CARE
1600 Divisadero Street, 4th Floor
San Francisco, CA 94115

885-7572

Services & Description: Provides skilled services in the home under the direction of a Mt. Zion/or University of California Medical Center Physicians. Patients are essentially homebound and in need of nursing supervision or rehabilitative services such as physical occupation or speech therapy. Meidcla social work, home health aid services available, as needed.

Who to Contact: Jan Wright, R.N., Coordinator of Home Care

Director: Harold Brownstein, M.D.

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm (office hours) Nursing services available 7 days a week.

Eligibility:

Income and Age: No restriction to age or income

Fees: Reimbursed by MediCare and MediCal, private insurance - private pay.

Area Served: San Francisco

Other: Must be homebound

Foreign Languages: Tagalog, Italian and Spanish

Public Transportation: By bus lines on Geary, Divisadero and Sutter streets

Funding Sources: Government and private medical insurance programs, self pay

Other Information:

MULTIPLE SCLEROSIS SOCIETY
520 Third Street, Suite 104
Oakland, CA 94607

268-0572
800-344-4867

Services & Description: Medical Equipment Loans
Telephone Counseling
Peer Counseling
Support Groups
M.S. Clinic
Information and Referral
Newly Diagnosed Seminars
Quarterly Newsletters
Educational Programs for Health Care Professionals
Respite Care
Lending Library

Who to Contact:

Director: Debbie Levy

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: None

Fees: $10 per year membership; none for MS patients

Area Served: 16 Counties

Other: People with MS, family, friends and others

Foreign Languages:

Public Transportation: BART and AC Transit

Funding Sources: Private Fund raising

Other Information: Use volunteers extensively for many agencies functions

THE MULTI-SERVICE CENTER FOR KOREANS
1362 Post Street
San Francisco, CA 94109

441-1881

Services & Description:	ESL, Job Counseling, Vocational skills training
Who to Contact:	Job placement - Stewart Smith or Su-Ja Hong
Director:	Dr. Youn-Cha Shin Chey
Days and Hours:	Monday to Friday, 9:00 am to 5:30 pm
Eligibility:	
Income and Age:	55 years of age or older JTPA eligible
Fees:	No fees
Area Served:	San Francisco resident
Other:	Provides senior activities such as: lectures, arts, crafts, bingo trips and a monthly health program.
Foreign Languages:	Korean
Public Transportation:	Provide MUNI Fast Pass if eligible
Funding Sources:	JTPA, Commission on Aging
Other Information:	

NATIONAL ASSOCIATION FOR VISUALLY HANDICAPPED
3201 Balboa Street
San Francisco, CA 94121

221-3201

Services & Description:	For partially sighted seniors: Peer group support; educational, cultural and recreational activities; low vision aids; production and distribution of large print books; large print loan library; information and referral services; lectures; low vision senior speakers panel.
Who to Contact:	Jeannine Toussaint-Caron, Director of Senior Services
Director:	Lorraine H. Marchi, Executive Director
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	
Fees:	Donations requested
Other:	Anybody partially seeing---not totally blind
Foreign Languages:	Spanish literature available
Public Transportation:	MUNI: #31, 38
Funding Sources:	
Other Information:	Easy access for handicapped; some transportation available

NATIVE AMERICAN HEALTH CENTER
56 Julian Ave
San Francisco, CA 94103

621-8051 Medical
621-8054 Administration
621-8056 Dental

Services & Description: Medical and Dental Clinics. Program for women and infants, children (WIC). Health care for pregnant women.

Contact: Debra Rodriguez, Clinic Coordinator

Director: Martin Waukazoo

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: No limits

Fees: MediCal, MediCare and other private insurance. People without other insurance or MediCal are eligible for the sliding scale discount

Area Served: Residents of San Francisco County

Other:

Foreign Languages:

Public Transportation: BART, (16th Street), Mission & Valencia buses

Funding Sources: Indian Health Service

Other Information:

NATIVE AMERICAN SENIOR CENTER AGENCY
542 Hayes Street
San Francisco, CA 94103

431-7030

Services & Description: Multipurpose Senior Center; nutrition site, home delivered American meals. Social service programs for seniors available

Who to Contact: Stan Zuni, Case Manager

Director: Jean McLean

Days and Hours: 7 days a week - Nutrition site; home-delivered meals. 8:00 am to 5:00 pm and 11:30 am to 1:00 pm

Eligibility:

- Income and age: 60+
- Fees: $1.00 suggested donation for lunch
- Area Served: San Francisco
- Other:

Foreign Languages: Various Native American Indian dialects; French, Spanish, and Chinese (Cantonese)

Public Transportation: MUNI: #21

Funding Sources:

Other Information:

NOE VALLEY SENIOR CENTER
1021 Sanchez Street
San Francisco, CA 94114

648-1030

Services & Description:	Meals served at 12:30 pm, weekly. Bingo, guest speakers, exercise classes, nutrition & cooking classes, Conservatory of Music, films, monthly trips, door prizes, raffle
who to contact:	Jim Patten or Sally Buchmann, site manager
Director:	Jim Patten
Days and Hours:	Monday to Friday, 11:00 am to 3:00 pm
Eligibility:	
Income and Age:	60+ for meals
Fees:	$1.25 donation for meals
Area Served:	Noe Valley and San Francisco
Other:	
Foreign Languages:	Spanish
Public Transportation:	J-Church, #24, & 48
Funding Sources:	Federally Funded
Other Information:	Fast Passes, Council Meetings

NORIEGA SENIOR SERVICES CENTER
(San Francisco Council of Churches)
3601 Noriega
1819 43rd Avenue (Office Address)
San Francisco, CA 94122

665-6844
665-0575 (Senior Day Care Program)

Services & Description:	Insurance Counseling, Tax Assistance, gold cards/MUNI pass distribution. Telephone re-assurance. Monday Senior Activity Center starts at 10:00 a.m. with exercise, speaker and followed by a hot lunch.
Contact:	Staff
Director:	Peter Davis
Days and Hours:	Monday to Friday, 8:30 am to 4:30 pm
Eligibility:	
Income and Age:	60+
Fees:	None
Area Served:	Richmond, Sunset & OMI
Other:	
Foreign Languages:	
Public Transportation:	MUNI: #18, 29, & 71
Other Information:	Social Day Care Center Program. Call for information 665-0575
Funding Sources:	C.O.A.

NORTH AND SOUTH OF MARKET ADULT DAY HEALTH INC.
653 Geary Street
San Francisco, CA 94102

776-1924

Services & Description: A multi-disciplinary assessment & care management program, with rehabilitation services, social services, nursing and personal care services, hot noon meals, and transportation to and from the center. This program helps elders continue living at home.

Who to Contact: Catherine Chodorow

Director: Marcia Christian

Days and hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age: Frail elderly

Fees: MediCal, and sliding scale

Area Served: Within boundary of Van Ness, Market, Powell and Bush Streets

Other:

Foreign Languages: Spanish, Russian, Japanese, Cantonese, and Mandarin.

Public Transportation:

Other Information:

NORTHEAST MEDICAL SERVICES
1520 Stockton Street
San Francisco, CA 94133

391-9686

Services & Description: Family-oriented ambulatory health care agency with goal to improve health status of residents; provides primary physician care, specialist physician care, lab and X-ray, pharmacy, optometry, acupuncture, physician therapy, dental, nursing, nutrition, social services, health education, interpretation and transportation when necessary.

Who to Contact: Intake

Director: Sophie Wong

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm
Saturday morning, 9:00 am to 12:00 pm

Eligibility:

Income & Age: No limits

Fees: Sliding scale, according to income; MediCare and MediCal and private insurance welcome.

Area Served: Residents of Chinatown/North Beach area, and residents of the Greater Bay Area who have cultural difficulties and/or language difficulties.

Other:

Foreign Languages: Cantonese, Vietnamese, Mandarin, French & Burmese

Public Transportation: MUNI: #15, 30, 41, cable car

Funding Sources: DHHS

Other Information:

NORTHERN CALIF. SOCIETY TO PREVENT BLINDNESS
4200 California Street, #101
San Francisco, CA 94118

387-0934

Services & Description: For children:
Pre-school screening, home eye tests, eye safety programs in schools.

For adults:
Industrial eye programs, home eye tests, agricultural eye safety (use of fertilizers). Professional education for nurses (continuing education)

For seniors:
Publications on diabetes & eyes, macular degeneration, glaucoma, cataracts, the aging eye, and guidebook, "Coping with Sight Loss in Northern California"

Who to Contact: Joan E. Bell
Program Manager

Director: Peter Jamgochian

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees: None, except for quantities of our publications, some books (at cost).

Area Served: Northern California

Other:

Foreign Languages: Have Volunteers who speak Spanish, children's publications translated in Spanish, Southeast Asian languages.

Public Transportation: California street buses

Funding Sources: Donations

Other Information: Supply films and speakers at no cost for programs on eye safety. Do glaucoma screening in other counties (not SF, where city does it). Has answering service.

NORTH OF MARKET SENIOR ALCOHOL PROGRAM
333 Turk Street
San Francisco, CA 94102

885-2274

Services & Description: Individual counseling; outreach; information and referral; an alcohol program.

Who to Contact: Staff

Director: Karen Fishkin

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age: 55+

Fees: Sliding Scale
$5.00 per month

Area Served: Primary target = within Van Ness, Market, and Bush Streets
City wide (homebound)

Other:

Foreign Languages:

Public Transportation: MUNI: #31

Funding Sources: City & County of San Francisco Dept of Public Health

Other Information: Oasis Club
Recreation Room
291 Eddy Street
771-2133

Transportation for clients on a limited basis; 7 days a week - 8:00 am to 5:00 pm

NORTH OF MARKET SENIOR SERVICES
333 Turk Street
San Francisco, CA 94102

885-2274

Services & Description: Outpatient clinic and home visits for medical services, including physician, nursing, physical therapy, podiatry, and case management. Also nutrition, recreation, and Adult Social Day Care. Senior alcoholism services, Glaucoma screening.

Who to Contact: Esther Savin, MSW, LCSW
Case Management Supervisor

Director: Vera Haile
Executive Director

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm
Nutrition and recreation 7 days a week
9:00 am to 4:00 pm

Senior Sobriety Center
291 Eddy Street
7 days 8:00 am to 4:00 pm

Eligibility:

Income and Age: 60+

Fees: $1.00 donation for clinic services
$1.25 donation for lunch

Area Served: Within boundary of Van Ness, Market, Powell and Bush Streets, except for meals and alcohol program which are citywide.

Foreign Languages: Spanish, Japanese, Cantonese, Vietnamese, and Tagalog.

Public Transportation: MUNI: #31

Other Information: Adult Day Health Program
for North & South of Market Street residents
Marilyn Beffort

Salvation Army Meal Site
Barbara Connors

Funding Sources: S.F. Department of Public Health, S.F. Commission on Aging, and private foundations and individuals

OLDER WOMEN'S LEAGUE (OWL), SAN FRANCISCO CHAPTER
601 Dolores Street
San Francisco, CA 94110

550-1660

Services & Description: National membership organization addressing the special concerns of midlife and older women. OWL works forcefully to provide mutual support for its members, to achieve economic and social equity for its constituents and to improve the image and status of older women. Local chapter has monthly meeting and committees which enable every member to take an active role in its affairs. 4th Saturday of the month. 10:30 am to 12:00 pm (come at 10:00 for coffee)

Who to Contact: Mary Lu Murphy

Director:

Days and Hours: Monday, Wednesday, Friday
1:00 pm to 5:00 pm (call before dropping by)

Eligibility:

Income and Age: Open to all concerned people

Fees: $10.00 annual membership, National OWL
$ 5.00 annual membership, S.F. OWL

Area Served:

Other:

Foreign Languages:

Public Transportation: J Church, 22 Fillmore

Funding Sources: Individual donations, foundation & corporate grants

OLD ST. MARYS'S HOUSING COMMITTEE
660 California Street
San Francisco, CA 94108

398-0724

Services & Descriptions:	Renter's rights counseling on issues including evictions, repairs, rent increases, security deposits, dealing with the Rent Board. Assistance with forming tenant's associations. Volunteer and staff counselors available Monday through Friday 9:30 am to 5:00 pm. Downtown Clinic (specializes in evictions and rent board hearings, with volunteer attorneys available)-Thursdays, 5:30-8:30, at OSMHC Haight Neighborhood Clinic, (general counseling) 6:30-8:30 1833 Page Street Tuesdays
Who to Contact:	Volunteer counselors or VISTA Volunteers: Thelma Kavanagh and Denice Stephenson or staff - Erica Silverberg or Chris Graeber
Director:	Chris Graeber and Erica Silverberg co-directors
Days and Hours:	Monday to Friday, 9:30 am to 5:30 pm: Tuesday Haight Clinic 6:30 pm to 8:30 pm; Thursday Clinic 5:30 pm to 8:30 pm
Eligibility:	
Income and Age:	No requirements (usually refer non-English speaking clients to appropriate agencies for help)
Fees:	None
Area Served:	City and County of San Francisco and secondarily the Cities in the Bay Area. Coordinate state wide conference of renter's groups and other housing groups.
Foreign Languages:	Some Spanish spoken
Public Transportation:	California Street cable car, buses #1, 15, 30
Funding Sources:	Memberships, Catholic Social Services provides some staff funding. We do four major fundraisers each year.

OMBUDSMAN (LONG TERM CARE)
Family Service Agency of San Francisco
916 Eddy Street
San Francisco, CA 94109

474-8757 from 9:00 am to 5:00 pm
After hours 1-800-231-4024 Crisis Line

Services & Description: Recruits and trains volunteers to visit long-term care facilities, skilled nursing facilities and board and care homes, on a regular basis with the purpose of receiving, investigating and resolving complaints lodged by or on behalf of frail, elderly residents.

Who to Contact:

Director: Margaret Doherty

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

- Income and Age: No restrictions
- Fees: None
- Area Served: San Francisco
- Other:

Foreign Languages: Spanish, Russian, Japanese other interpreters available upon request.

Public Transportation: Geary, Van Ness, Balboa buses

Funding Sources:

Other Information: Provides training to Nursing Home personnel and develops resident councils. Provides public education and information

OMI SENIOR CENTER
400 Randolph Street
San Francisco, CA 94132

587-1443

Services & Description: Lunch programs; multi purpose senior center; educational, recreational and social programs; creative handiwork; field trips in and about San Francisco

Who to Contact: Joyce Preston Harriette Johnson

Director: Joyce Preston

Days and Hours: Monday to Friday, 9:00 am to 3:00 pm

Eligibility:

Income and Age: Age 60. Able to walk alone or with cane.

Fees: NONE except suggested donation for lunch $1.25

Area Served: Oceanview, Merced Heights and Ingleside Districts

Other:

Foreign Languages:

Public Transportation: MUNI Metro #M

Funding Sources:

Other Information:

ON LOK SENIOR HEALTH SERVICES
1441 Powell Street
San Francisco, CA 94108

989-2578

Services & Description:	A comprehensive long-term care organization serving the frail elderly, On Lok provides an all-inclusive service package like a HMO including day health care, in-home supportive services and all other aspects of medical, therapeutic, and social services. The objective of the program is to maximize the independence of the individual thus assist the elderly in remaining in the community. A multidisciplinary team consisting of physicians, nurses, social workers, nutritionists, therapists, activity coordinators, drivers and other support staff will assess, plan and directly provide care to all individuals in the program.
Who to Contact:	Sandra Hsieh, R.N., Intake Coordinator
Director:	Marie-Louise Ansak, Executive Director
Days and Hours:	Daily 8:00 am to 4:30 pm
Eligibility:	
Income and Age:	55+
Fees:	MediCal, MediCare, Private Co-payments
Area Served:	Chinatown, North Beach, Polk Street Gulch districts
Other:	California State Certified as ICF or SNF level of care
Foreign Languages:	Cantonese, Mandarin, Tagalog, Italian and Spanish
Public Transportation:	On Lok provides own transportation
Funding Sources:	MediCal, MediCare, United Way
Other Information:	Monthly open house available by appointment to the public (every 2nd & 4th Fridays of the month) Contact: Wendy Weinberg. Total of 3 locations. Other 2 centers: 1455 Bush Street 831 Broadway Street

OPERATION CONCERN
(G.L.O.E. Gay & Lesbian Outreach to Elders)
1853 Market Street
San Francisco, CA 94103

626-7000

Services & Description:	Services include advocacy, counseling, support groups, Friendly Visitor Program for home bound seniors, education forums, recreation, special events and community outreach.
Who to Contact:	Elaine Porter/George Roosen Program Coordinators
Director:	Carole Migden Executive Director of Operation Concern
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm Also evening and weekend programs
Eligibility:	
Income and Age:	Services for lesbians, gay men and their families 60+
Fees:	Donations appreciated
Area Served:	San Francisco City & County
Other:	
Foreign Languages:	Interpreters available
Public Transportation:	MUNI: #8 Market Street
Other Information:	Men's Support Group Women's Tea Dance Men's Friendship Group Men's Brunch and Games Women's Writers Workshop Movies, Trips, Special Events

OPTIONS FOR WOMEN OVER 40
3543 18th Street
San Francisco, CA 94110

431-6944
431-6405

Services & Description: Telephone and drop-in resource referral center; job information service; support groups; assertiveness training; career/life planning; job search skills; building self-confidence. Women's Experimental Theater, monthly brunch, monthly meetings. Homemaker services options - Domestic Referral 626-2128

Who to Contact:

Director: Savanah W. Smith

Days and Hours: Monday to Friday, 10:00 am to 5:00 pm

Eligibility:

Income and Age: Any woman over 40; programs and services available to all.

Fees: $20.00 membership fee gratefully accepted.
Sliding Scale
Midmorphosis
Newsletter with membership

Area Served:

Other:

Foreign Languages: Spanish

Public Transportation: MUNI: #26, 33
BART

Other Information: Wheelchair accessible
Monthly meeting
2nd Thursday of every month - Sunday Brunch

Funding Source: Membership, Fund Raising, Donations and Grants

OZANAN RECEPTION CENTER (formerly Howard Street Detox)
1175 Howard Street
San Francisco, CA 94103

621-6471

Services & Description:	Drop-in Center for alcoholics only 7 days a week, 9:00 am to 6:00 pm Shelter for men provided through Old St. Mary's Church 986-4388 Drop-in basis Shower and bath
Who to Contact:	Staff
Director:	Tom O' Dell
Days and Hours:	7 days, 9:00 am to 6:00 pm
Eligibility:	
Income and Age:	18 years and up
Fees:	Ability to pay sliding scale
Area Served:	San Francisco
Foreign Languages:	Spanish
Public Transportation:	Located between 7th and 8th streets M.A.P. will bring to center.
Other Information:	A social model, non-medical detox center. AA meetings and counseling. Information and referral services. Be there at 7:00 pm work day for shelter. Be there at 7:00 pm Saturday and Sunday for shelter.

PACIFIC COAST HOSPITAL AND PODIATRY CLINICS
1835 Ellis Street
San Francisco, CA 94115

563-3444 Primary Care 346-6770

Services & Description:	General podiatric health care and primary care physicians
Who to Contact:	Outpatient Clinic (foot) 563-3444 Primary Care Physicians 346-6770
Direction:	H. Rosenfeld, D.P.M.
Days and Hours:	Monday to Friday, 9:00 am to 11:00 am 1:00 pm to 4:00 pm
Eligibility:	
Income and Age:	55+
Fee:	Accept assignment and gold card
Area Served:	San Francisco
Other.	
Foreign Languages:	Most
Public Transportation:	MUNI: #31, 38 Geary - Balboa
Other Information:	Transportation provided if there is a minimum of 4 people picked up and brought back to one address.

PACIFIC PRESBYTERIAN MEDICAL CENTER
Geropsychiatric Unit
Pacific Psychiatric Institute
2323 Sacramento Street
San Francisco, CA 94115

923-3254

Services & Description: Provides evaluation and treatment for older persons with functional and organic disorders which require acute psychiatric care in a hospital setting. If more help is needed arrangements are made for home support services or placement in extended care facilities appropriate to the individual's needs. Unit consists of R.N.'s, psychiatrist director, psychiatric social worker and occupational therapist, psychiatric technicians.

Who to Contact: Nurse-in-charge

Director: Alan R. Cole, M.D.

Days and Hours: 24 hours

Eligibility:

Income and Age: Fees vary

Fees: MediCare, MediCal and other insurance

Area Served:

Other:

Foreign Languages:

Public Transportation: #1 California, 22 Fillmore

Funding Sources: Limited Short-Doyle Fundings

Other Information: The goal is to identify and alleviate factors which have been interfering with the older person's ability to live independently.

PACIFIC PRESBYTERIAN MEDICAL CENTER
Outpatient Psychiatry Services
2323 Sacramento Street
San Francisco, CA 94115

923-3247

Services & Description: Counseling and psychotherapy on an outpatient basis. We offer individual, group, and family therapy, as well as medication clinic, psychological and neuropsychological testing. The staff consists of psychiatrists, psychologists, social workers, residents and interns.

Who to Contact: Appointment desk at above phone numbers

Director: Randall B. Smith, Ph.D.

Eligibility:

Income and Age: Adults 18 years and up
No minimum income requirement

Fees: Sliding scale fees
MediCare accepted without restrictions
MediCal
Private Insurance

Area Served: Bay Area

Other: As needed, we are able to facilitate referrals to other medical specialties within Pacific Medical Center, or arrange for inpatient treatment on our Geropsychiatry Unit if appropriate.

Foreign Languages: English only

Public Transportation: MUNI:
#1 California, 22 Fillmore, and 3 Jackson

Funding Sources: Patient fee and insurance

Other Information: By paying a yearly Clinic Enrollment Fee of $20.00, MediCare patients are able to take full advantage of our medical, surgical, psychiatry, Opthalmology and other specialty clinics (Dermatology, Podiatry, etc.) at no further cost. MediCare payment is accepted as payment in full.

PARATRANSIT SERVICES (PARATRANSIT BROKER) S.F.
U.S. Human Resources Corp.
1109 Oak Street
San Francisco, CA 94117

552-7908

Services & Description:	Services for subsidized taxi, lift-equipped vans, group van trips, and inter-county (San Francisco/San Mateo) taxi are at full capacity currently. Applicants for placement on waiting list are available. Transportation available for Bayview Hunters Point residents only to attend medical appointments utilizing van service.
Who to Contact:	Virginia Cerenio Assistant Broker
Director:	Gregory Watty Broker
Days and Hours:	Monday to Friday, 9:00 am to 5:30 pm
Eligibility:	
Income and Age:	None
Fees:	Varies - cost of transportation only depends on income and ability to pay.
Area Served:	City and County of San Francisco also Northern San Mateo County
Other:	Medical certification by M.D. required, verifying disability.
Foreign Languages:	Spanish, Tagalog, Vietnamese, Mandarin & Cantonese
Funding Sources:	S.F. Public Utilities Commission, Commission on the Aging, Mayor's Office of Community Development, San Mateo County Department of Social Services
Other Information:	Arrangements are made by phone; certification form will be mailed and must be returned, and then appointment for transportation is made.

PATIENT'S RIGHTS ADVOCACY SERVICE (P.R.A.S.)
2325 3rd Street, #422
San Francisco, CA 94117

552-8100

Services & Description: Provides advocacy and rights protection services for former and present patients in the mental health system. This includes individuals who are receiving services in acute care psychiatric hospitals, skilled nursing and board and care facilities, as well as those receiving community services on an out-patient basis.

Who to Contact:

Director: Melissa Daar

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm
24-hour answering service

Eligibility:

Income and Age: Mental Health Patient

Fees: None

Area Served: City and County of San Francisco

Other:

Foreign Languages: Spanish

Public Transportation: MUNI: #15, 22

Other Information:

PLANETREE HEALTH RESOURCE CENTER
2040 Webster Street
San Francisco, CA 94115

923-3680

Services & Description: A unique health and medical library for the lay person, health professionals and community agencies. The center provides ready access to medical texts, consumer health books, a clipping file of the latest medical research and listings of over 2000 health related services. A variety of health books and educational products may be purchased. Pleasant atmosphere; street level access.

Who to Contact: Staff

Director: Robin Orr

Days and Hours: Tuesday, Thursday and Friday
11:00 am to 5:00 pm
Wednesday
11:00 am to 7:00 pm
First Saturday of each month
11:00 am to 5:00 pm

Eligibility:

Income and Age: Any and all welcome

Fees: No fee for on-site use of the Center Library; cards $10/year.
Memberships - $50/year.

Area Served: Bay Area

Other:

Foreign Languages: Spanish on request

Public Transportation: MUNI: #1
Corner of Sacramento & Webster Streets

Other Information: Planetree does not provide medical diagnosis or offer medical advice. Medical information is not provided over the phone in order to prevent misunderstanding. Research by mail services are available for a fee: an in-depth 35 page packet on any medical diagnosis is available with Planetree membership. Basic packets providing a 10-12 page overview are available for $10.00. Copy machine is available on site for 10 cents a page.

POLISH ARTS AND CULTURE FOUNDATION
1290 Sutter Street
San Francisco, CA 94109

474-7070

Services & Description:	Shares with all Americans the rich culture and art of the Polish people. All programs are in English. Concerts, exhibits, lectures, films, "Polish Fridays" with dinner. Senior citizens have discount membership and tickets. Also help with translations, interpreting (legal, medical), and some legal assistance. Instruction in Polish and English arranged on exchange basis. Senior volunteers welcome.
Who to Contact:	As below:
Director:	Mrs. Wanda Tomczykowska, President, or any other volunteer on duty.
Days and Hours:	Monday to Friday, Noon to 7:00 pm
Eligibility:	Anyone interested in Polish arts or culture.
Income and Age:	
Fees:	Vary with types of programs. Seniors have discount.
Area Served:	Northern California
Other:	Polish
Foreign Languages:	Polish, French, German
Public Transportation:	Sutter and Van Ness buses.
Funding Sources:	Donations and membership dues.
Other Information:	About 12 steps to the office.

POTRERO HILL HEALTH CENTER
1050 Wisconsin Street
San Francisco, CA 94107

648-3022 or 821-8648

Services & Description:	Comprehensive primary medical, dental, podiatric and nutritional services for children and adults planned through San Francisco General Hospital
Who to Contact:	Gunilla Napier, R.N. Nurse Coordinator
Director:	Michael Drennan, M D.
Days and Hours:	Monday, Tuesday, Thursday, Friday; 8:30 am to 5:30 pm Wednesday, 8:30 am to 7:00 pm Doctor and dentist on call 24-hours
Eligibility:	
Income and Age:	No exclusions
Fees:	Sliding fee based on income MediCal, Medicare, and private insurance
Area Served:	San Francisco
Other:	$3.00 - partial fee asked at time of visit
Foreign Languages:	Spanish, Tagalog
Public Transportation:	MUNI: #53, 48, 19

POTRERO HILL NEIGHBORHOOD HOUSE
953 DeHaro Street
San Francisco, CA 94107

826-8080

Services & Description:	Nutrition Program - lunch is served Monday through Friday at noon. Sign-up begins at 10:30 am
Who to Contact:	Mary Gipson Site manager
Director:	Enola Maxwell
Days and Hours:	Monday through Friday, 10:00 am to 2:00 pm
Eligibility:	
Income and age:	60+
Fees:	Suggested donation $1.25 for lunch
Area Served:	Potrero Hill
Other:	
Foreign Language:	Spanish, Russian
Public Transportation:	MUNI: #19 Polk 53 Southern Heights

PROGRESS FOUNDATION SENIORS PROGRAM
1405 Guerrero Street
San Francisco, CA 94110

861-0828 (Administration & Information)
861-0697 (Rypins House & Carroll House)

Services & Description:	24-hour transitional residential, day and case management programs for elderly with psychiatric and social adjustment problems.
Who to Contact:	Jeanette Graham Singyke
Director:	Jeanette Graham Singyke
Days and Hours:	7 days a week, 24 hours a day
Eligibility:	
Income and Age:	60+ (younger if with aging issues)
Fees:	Sliding scale based on ability to pay
Area Served:	City-Wide
Other:	
Foreign Languages:	Spanish, French
Public Transportation:	MUNI- very close. Program has Van if transportation is needed.
Funding Sources:	CMHS & third party collections
Other Information:	Social rehabilitation model whose goal is to return residents to community at highest level of functioning possible. Residents are expected to participate in operation of household (meal preparation, minor cleaning) and in-house meetings and activities. Rypins House (821-0697) Carroll House (821-1610)

RAPHAEL HOUSE OF THE HOLY ORDER OF MANS
NEIGHBORHOOD SENIOR ASSOCIATION
1065 Sutter Street
San Francisco, CA 94109

474-4621

Services & Description: Working with the elderly in the immediate neighborhood, some scheduled activities at Raphael House, coordination with other agencies, counseling, information and referral, and outreach. Provides volunteers and service opportunities for seniors. Provides concerts, teas and other social activities.

Who to Contact: Sister Anne McBrayer

Director: Reverend Mark Story (Chairman)

Eligibility:

- Income and Age: 60+
- Fees: None
- Area Served: Immediate neighborhood, Central City, Tenderloin
- Other:

Foreign Languages:

Public Transportation: Sutter Street Buses: 1, 2, 3, 4, 19, Van Ness

Funding Sources: Private, Donations and Grants

Other Information:

RECREATION CENTER FOR THE HANDICAPPED
207 Skyline Blvd.
San Francisco, CA 94132

665-4100

Services & Description:	Activity programs for mentally and physically disabled children, teens, adults and seniors.
Who to Contact:	Enrollment Counselor
Director:	Janet Pomeroy
Days and Hours:	Hours of operation - Monday to Friday, 8:00 am to 8:30 pm Saturday, 10:00 am to 4:00 pm Hours of Referral - Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	Any age or income
Fees:	None or sliding scale
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish, Japanese, Cantonese, Tagalog
Public Transportation:	Transportation provided by center.
Other Information:	Outreach program to residential care homes, Training developmentally disabled in self-help independent skills and homemaker skills. Respite care over-night and weekends - Friday 5:00 pm to Sunday 4:00 pm. Theraputic swim hours for anyone with disability - 1 hour program at various times.
Funding Sources:	Golden Gate Regional Center & donations

RESIDENTIAL RENT STABILIZATION & ARBITRATION BOARD
170 Fell Street, Room 16
San Francisco, CA 94102

621-7368 or 621-RENT

Services & Description:	Rent board; city agency which administers rent control law. Arbitrate conflicts related to rent and evictions
Who to Contact:	Staff
Director:	Ricardo Hernandez
Days and Hours:	Monday, Wednesday, Friday 8:30 am to 5:00 pm Tuesday & Thursday, 8:30 am to 1:00 pm
Eligibility:	
Income and Age:	None
Fees:	Filing some tenant petitions - $15 some are free; filing landlord petition is $20.00 per unit.
Area Served:	San Francisco
Other:	Do not deal with subsidized housing or owner-occupied buildings of 4 units or less.
Foreign Languages:	Spanish, Cantonese, Vietnamese & Mandarin
Funding Source:	City Agency
Public Transportation:	Van Ness/Market

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP), a part of ACTION sponsored by:
Pacific Presbyterian Medical Center
2101 20th Avenue
San Francisco, CA 94116

731-3335

Services & Description: All skills, experiences, and talents of volunteers are valued. Placements are diverse, ranging from the DeYoung Museum to the San Francisco Zoo, and fulfills the needs of bothy the volunteer and the agency. Volunteers may be provided with training in high-demand skills.

Who to Contact: Staff

Director: Nancy Brand

Days and Hours: Monday to Friday, 8:00 am to 4:30 pm

Eligibility:

- Income and Age: Anyone 60 or over
- Fees: None
- Area Served: San Francisco
- Other:

Foreign Languages: Spanish (by one outreach staff)

Public Transportation: MUNI: #28, 66

Funding Sources: ACTION, donations

Other Information: RSVP is affiliated with 30th Street Senior Services, offering a Senior Center, Adult Day Health Care, Outpatient Rehabilitation, Alzheimers Program, and Volunteer Interchange Program (please see program descriptions).

Monthly educational meeting on the fourth Tuesday of every month, from 1:00 to 3:00 pm. Guests welcome

RETIREES EMPLOYMENT PROGRAM (REP)
University of California, San Francisco
Personnel Department
1350 7th Avenue
San Francisco, CA 94143

476-2715
476-1645 (messages)

Services & Description: Employs retirees on Social Security or other pension part time as Supplementary Staff Assistants (clerical, administrative or research). Status may be part time, temporary or full time. Length of employment depends on particular dept. and its needs. Attempt made to meet employee's schedule and hours preference. Salaries depend on job assignment. Employees working at least 50% time are eligible for vacation, sick leave.

Who to Contact:

Director: Faricita Wyatt
Coordinator

Days and Hours: For information, call Ms. Wyatt
Tuesday, Wednesday, 10:00 am to 4:00 pm
Thursday, 1:00 pm to 4:00 pm

Eligibility:

Income and Age: Retirees on pension who want to enter the work force on a limited basis.

Fees: None

Area Served: University of California at San Francisco, San Francisco General Hospital, Veterans Medical Center

Other:

Foreign Languages: Spanish useful on request

Public Transportation: N-Judah - Parnassus bus

Other Information: To apply, submit resume with information regarding preferable working hours.

ROSE RESNICK CENTER FOR THE BLIND AND HANDICAPPED
1299 Bush Street
San Francisco, CA 94109

441-1980

Services & Description:

1. Blind/Low Vision services:
(Sr. Self-Reliance Project) Adjustment training; in-home teaching services for those with serious vision loss; support group. Rebecca Ferguson

2. Recreation & Training: Adult Center during the week; disabled & blind children's program on Saturdays, parents group. Christine Cole

3. Transportation: Limited Taxi vouchers to medical appointments Kathrine Sandmann

4. Social Services: Lesley Sternin

5. Job Placement: #6 Public Education
Rose Resnick

Who to Contact: Dr. Rose Resnick

Director: Dr. Rose Resnick

Days and Hours: Monday to Friday, 8:30 am to 4:30 pm
Saturday, 10:00 am to 2:00 pm (Children Recreation)

Eligibility:

Income and Age: Must be handicapped

Fees: None

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: Bus, BART

Funding Sources: Individuals, Companies, Clubs, Foundations

Other Information:

RUSSIAN AMERICAN COMMUNITY SERVICES
300 Anza
San Francisco, CA 94118

387-5336

Services & Description:	Health services, social services, recreational group activities, limited transportation and escort (volunteer). Lunches on Monday through Friday, 11:00 am to 1:00 pm. Lectures, Monday to Wednesday, Friday, at 1:00 to 2:00 pm. Meal site is at 6700 Fulton at 43rd Ave.
Who to Contact:	Staff
Director:	George Derugin
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	62 and over
Fees:	None. for hot meals, $1.00 donation
Area Served:	City wide
Other:	
Foreign Languages:	Russian, Chinese, German, and many other languages
Public Transportation:	MUNI: #5 McAllister to meal site
Funding Sources:	Department of Aging, fund raising, contributions
Other Information:	

RUTH ANN ROSENBERG ADULT DAY HEALTH CENTER
Mount Zion Hospital and Medical Center
1675 Scott Street
San Francisco, CA 94115

885-7586

Services & Description:	Provides special nursing, social services, and rehabilitation services to help disabled seniors remain in their homes and to give respite to their families. May include any or all of these services: nursing, S.W., P.T., O.T., S.T., nutritional counseling and exercise. Therapeutic recreation and socialization. Hot lunch served daily. Transport to and from center.
Who to Contact:	Barbara Penney
Director	Barbara Penney
Days and Hours:	Monday to Friday, 8:00 am to 4:30 pm
Eligibility:	
Income and Age:	55+ (some exceptions)
Fees:	MediCal and private
Area Served:	San Francisco, Western Addition, Marina, Inner-Richmond
Other:	
Foreign Languages:	Spanish and Russian
Public Transportation:	MUNI: Sutter, Geary, or Divisadero buses
Funding Sources:	MediCal and private fees, philanthropic
Other Information:	Socialization includes: Current events discussions, arts, crafts, poetry reading and writing, concerts, and field trips. For seniors who are medically and/or emotionally disabled in need of medically oriented setting.

ST. ANTHONY'S FOUNDATION
45 Jones Street
San Francisco, CA 94102
Mailing : 121 Golden Gate Avenue
San Francisco, CA 94102

552-3838

Services & Description:	Meal Program: Daily - 10:00 am to 12:30 pm Extra hours on major holidays Free Clinic: 8:30 am to 11:00 am, Monday to Friday. Employment Office: 55 Jones Street, 431-7351 Thrift Shop: 111 Golden Gate Avenue, 431-7351 or 863-4512 Bethesda Project: 45 Jones Street Provides: Showers, barber, laundry for homeless poor. Drop-in Center (for Women, Men under 18, Children) Meal Program: Paul Beauchamp - 552-3838 Clinic: Anyone 552-3838
Who To Contact:	Meal Program: Paul Beauchamp - 552-3838
Director:	Rev. Floyd A. Lotito, Franciscan
Days and Hours:	Meal Program daily (10:00 am to 12:30 pm)
Eligibility:	
Income and Age:	Open to All
Fees:	None
Area Served:	San Francisco
Other:	
Foreign Languages:	Various Asian and Spanish interpreter available
Public Transportation:	Market street lines and BART at Civic Center
Other Information:	See Adult Benevolent Assc.

ST FRANCIS MEAL SERVICE
432 Mason Street
San Francisco, CA 94102

392-7463

Services & Description:	Serves one nutritious hot lunch on site, Monday to Friday. Serves one hot meal at YWCA Satellite 620 Sutter Street (Monday to Sunday)
Who to Contact:	Mrs. Dorothy M. Simmons
Director:	Mrs. Dorothy M. Simmons
Days and Hours:	Main Site - Monday to Friday Office hours: 8:00 am to 4:00 pm Meal Hours: 11:00 am to 12:30 pm YWCA Site - Monday to Sunday Office Hours: 9:00 am to 1:00 pm Meal Hours: 11:00 am to 12:15 pm
Eligibility:	
Income and Age:	60+
Fees:	$0.75 suggested donation
Area Served:	Tenderloin
Other:	
Foreign Languages:	Spanish, Tagalog, Mandarin, Cantonese
Public Transportation:	MUNI: #1, 2, 3, 4, 5
Funding Sources:	Commission on Aging
Other Information:	Access for handicapped at YWCA. Additional Services: Counseling information and referral; legal assistance; blood pressure screening; housing and employment counseling; educational programs; health programs (nutrition education, daily exercises); recreation & entertainment; resource coordination: Arts and Crafts class.

ST. LUKE'S HEARING AND SPEECH CENTER
1580 Valencia Street, #806
San Francisco, CA 94110

282-2551

Services & Description:	Complete hearing and speech services including: hearing diagnostic testing, hearing aid evaluations, hearing therapy; speech/language testing and speech/language therapy. Overall goal is to assist people with communication problems to improve their skills.
Who to Contact:	Staff
Director:	George S. Haspiel, Ph.D.
Days and Hours:	Monday to Friday, 9:00 am to 6:00 pm
Eligibility:	
Income and Age:	No restriction
Fees:	MediCal, MediCare and all private insurances billed. Sliding scale
Area Served:	Entire Bay Area
Other:	Stroke patients served as either in or out-patients, wheelchair access for handicapped. Programs arranged for nursing, convalescent, residential homes.
Foreign Languages:	Testing in a great many languages for hearing services.
Public Transportation:	MUNI: #9, 12, 14, 26 BART exit is on 24th& Mission/walk 5 blocks
Funding Sources:	Fees
Other Information:	We accept Medi-Care assignment and bill only for the balance due.

ST. MARY'S ADULT DAY HEALTH CARE
35 Onondaga
San Francisco, Ca 94112

334-4000

Services & Description: A multi-disciplinary assessment and care management program, with physical, occupational and speech therapies, nursing and personal care services, social services, hot noon meals and transportation to and from center. This program helps elders continue living at home.

Who to Contact: Coleman Wong - Social Worker
334-4000

Director: John Daw
334-4000

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age: Frail Elderly, disabled adults

Fees: Medi-Cal & sliding scale

Area Served: Outer Mission, Ingleside, Alemany, Excelsior, Visitation Valley, Portola, Outer Bernal Heights

Other:

Foreign Languages: Chinese

Public Transportation: Mission street buses

Other Information: Located at the site of former Alemany Emergency Hospital

A new service - (CORF) Comprehensive Outpatient Rehabilitation Facility Services include physical, occupational, and speech therapies provided on an outpatient basis to persons with major rehabilitation potential. Maximum length of treatment is 8 weeks. CORF services may be combined with the Adult Day health Care in certain cases. Contact person is Coleman Wong, Social Worker.

ST. MARY'S SENIOR LIFE SERVICES
St. Mary's Hospital & Medical Center
450 Stanyan Street
San Francisco, CA 94117

750-5888

Services & Description: Comprehensive evaluation of needs of elderly people experiencing difficulty with care of self or surroundings; Multi-disciplinary evaluation of health, psychological social and functional status of elderly patients, especially problems with memory and dementia

Who to Contact: Staff: 750-5888 Senior Life Services
750-5785 Health Connection

Director: Janet Tedesco

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age:

Fees: Fees vary per service, please call 750-5888 for further information.

Area Served: For most services citywide

Other:

Foreign Languages:

Public Transportation: Serviced by Municipal Railway Lines #5 Fulton and #21 Hayes.

Funding Sources:

Other Information: Other services available through St. Mary's of interest to the Senior population include, Health Connection (St. Mary's Information Center), Stroke Rehabilitation, Skilled Nursing Facility, Adult Day Health Center, Home Health Care, Alzheimer's Program, Dental Clinic, St. Mary's Philippa Memorial Clinic, McAuley Neuropsychiatric Institution and St. Mary's Rehabilitation Stroke Program.

SALVATION ARMY CENTER FOR SOCIAL SERVICES
445 9th Street
San Francisco, CA 94103

861-0755

Services & Description:

1. Emergency housing - based on interview with social worker and contingent on plan not automatic

2. Emergency food referrals

3. Advocacy

4. Casework (short term); crisis intervention

5. Information & Referral

6. Energy assistance (R.E.A.C.H.) once a year

7. Missing Persons Assistance

Who to Contact: Staff

Director: Harry de Ruyter

Days and Hours:

Intake
Weekdays 8:30 am to 12:00 pm
(first come, first served)
Monday to Friday, 8:30 am to 4:00 pm (closed from 12:00 noon to 1:00 pm)
Monday (1:00 pm to 3:00 pm)
Tuesday-Friday (1:00 pm to 4:00 pm)

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco

Other: Must be 45 days in San Francisco

Foreign Languages: Spanish

Public Transportation: MUNI: #27 Bryant, 19 Polk, #42 bus

Funding Sources: United Way, Donations

Other Information: Please call ahead with referral to see if this is appropriate to our service.
Emergency Shelter for Men
341 Eddy Street
776-2076 / 864-7000

SALVATION ARMY SENIOR ACTIVITIES AND MEALS PROGRAM
360 Fourth Street
San Francisco, CA 94107

777-2677

Services & Description:	Nutritious hot meals, recreational, educational and other support services are available at 19 sites: Alexis Apartments, Bayview Hunters Point Senior Center, Canon Kip Senior Center, Francis of Assisi Community, Ingleside Senior Center, Joseph Lee Recreation Center, Mission Neighborhood Capp Street Center, Mission YMCA, North of Market Senior Services, Potrero Hill Neighborhood House, The Salvation Army Mission Corps, The Salvation Army Senior Activities Center, The Salvation Army Silvercrest Residence, The Salvation Army Turk Street Center, The Salvation Army 125 Valencia Center, Sunset Community Center, Visitacion Valley Community Center, Woolf House Apartments and All Hallows Community. Several sites also serve meals on weekends and holidays. Supportive social services are available at each site.
Who to Contact:	Site Service Coordinator Michelle Brousseau
Director:	Evelyn G. Dexter
Days and Hours:	Monday to Friday, 8:30 am to 5:00 pm
Eligibility:	
Income and Age:	60 and over (for meals)
Fees:	Suggested donation of $1.25 for meals
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish, Chinese
Public Transportation:	MUNI: #25, 30, to Main Office
Funding Sources:	C.O.A. Title III
Other Information:	See individual listings of sites

SALVATION ARMY SENIOR ACTIVITIES CENTER
360 Fourth Street
San Francisco, CA 94107

777-2677

Services & Description: Multi-purpose Senior Center. Recreation, Active trip program in an out of town, Volunteer activities, Parties, Exercise Classes, Crafts, Arts, English Class, Chinese/English bible study, Senior Community Action Group, Blood Pressure Screening, Special Audience participant, Health talks, Social Services Information and Referral, Case Mangagement in (Bilingual-Chinese), PG&E Reach Assistance. Weekend/Holiday Meal Site. Adjacent to Weekday (Monday-Friday) meal site

Who to Contact:

Activities:	Gene Kahane
Social Work:	Robert Davis
Bilingual:	Tom Yep
Trips:	Philip Klasky
Volunteers:	Lisl Schwartz
Weekends:	Will Courtney

Senior Community Action Group
Philip Klasky

Director: Mary Leong Lam

Days and Hours: Monday to Friday, 8:00 am to 4:00 pm
Saturdays, Sundays & Holidays, 9:00 am to 3:00 pm

Eligibility:

Income and Age: No eligibility requirement for income.
55+

Fees: $10.00 optional membership. Any senior can drop in free of charge.

Area Served: Focus: South of Market . Open to seniors citywide.

Other:

Foreign Languages: Chinese-several dialects. Spanish

Public Transportation: On #30 Line. Close to Mission buses and BART

Funding Sources: The Salvation Army; United Way; Program Donations

Other Information: Seniors who pay $10.00 membership have the monthly Newsletter mailed to them and have priority in signing up for trips. Sheriff's Evictee Assistance Program has a staff person assigned at the Center

SALVATION ARMY TURK STREET SENIOR CENTER
240 Turk Street
San Francisco, CA 94102

928-7078

Services & Description: Title III Nutrition program serving lunch everyday. Monthly podiatry clinic, Health Education Seminars, Women's Support Group, Recreational Activities such as; exercise class, dancing, movies, bingo, outings and other supportive services. These services range from housing referrals to basic advocacy towards other supportive services within the San Francisco Community.

Who to Contact: Michele Brousseau
Site Service Coordinator

Director: Evelen Dexter

Days and Hours: 7 days a week, 8:00 am to 2:00 pm
Lunch: 11:30 am
Saturday & Sunday, 9:00 am to 2:00 pm

Eligibility:

Income and Age: 60+

Fees: Suggested Donation $1.25 accepted for lunch

Area Served: Primarily North of Market, however anyone is welcome

Foreign Languages: Tagalog

Public Transportation: MUNI: #31 Balboa

Funding Sources: Commission on Aging Title III please check with Evelen Dexter for confirmation.

Other Information: Drop-in Center and meeting place for seniors of the Tenderloin Community

SAN FRANCISCO COMMISSION ON THE AGING
25 Van Ness Avenue #650
San Francisco, CA 94103

864-6051

Services & Description: The Commission contracts with direct care service providers to provide services in the following programatic areas: Information & Referral, Ombudsman, Case management, Housing, Nutrition (Congregate and Home-Delivered), In-Home Services, Health (Physical and Mental), Transportation, Community Services, Legal Services, and Consumer Services

Who to Contact: Receptionist

Director: Joyce Ream

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age: Seniors 60 and over for service; Providers no age requirement, must provide senior services.

Fees: None

Area Served: City and County of San Francisco

Other:

Foreign Languages: Spanish, Chinese, Filipino

Public Transportation: MUNI: Market street buses and streetcars

Funding Sources: Older Americans Act, California General Fund, San Francisco Parking Tax, U.S. Department of Agriculture

Other Information:

SAN FRANCISCO COMMUNITY COLLEGE
Southeast Community College Center (formerly SFCC Skills Center)
1800 Oakdale Avenue
San Francisco, CA 94124

550-3100 EXT 135

Services & Description: GERIATRIC HOME AID (4 week training program)
1.) Train students to care for elderly people in their homes.

2.) Nutrition classes

3.) Chronic diseases of aging

4.) Job preparation
Upon completion, graduates receive a certificate from the Southeast Community College Center.

Who to Contact: Terry Bloom or Carolyn Flagiello

Director: Patricia Walton

Days and Hours: Monday to Thursday, 9:00 am to 3;00 pm

Eligibility:

Income and Age: Adults over 18 years of age

Fees: No charge for program
Small fee for materials

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: MUNI: #15, 24, 44

Funding Sources: Community College District

Other Information: Applicants must pass a minimal reading and math test before interviewing for the program.

SAN FRANCISCO COMMUNITY COLLEGE DISTRICT
Mission Community College Center
Learning Program for Seniors (Older Adults)
106 Bartlett Street
San Francisco, CA 94110

648-5866

Services & Description:	Provide classes at Senior Centers, senior nutrition sites, churches, and other community group facilities. Classes include Arts & Crafts, Adult Development and Aging, Consumer Education, English Arts, Health Education, Homemaking, Music, Social Studies, Volunteer Training, and many special training programs.
Who to Contact:	Assistant Director
Assistant Director:	John F. (Jack) Harrington Learning Program for Seniors
Days and Hours:	Monday to Friday, 8:00 am to 5:00 pm
Eligibility:	
Income and Age:	55+ but any person over 18 may enroll
Fees:	None
Area Served:	San Francisco
Other:	Resident of San Francisco
Foreign Languages:	Call for information
Public Transportation:	Check with MUNI (673-6864)
Funding Sources:	
Other Information:	Co-sponsors training for service providers. Short term classes include workshops for personnel in Adult Day Health Centers, Skilled Nursing Facilities, nutrition sites, Professional Volunteer managers, and Administrators of Residential Care Homes for the Aged Program Supervisor: Gerry Murphy

SAN FRANCISCO COUNCIL OF CHURCHES
942 Market Street, #402
San Francisco, CA 94102

433-3024

Services & Description: Organizes and develops services for all of the San Francisco population.
Senior Services: St. Francis meals, OMI center, telephone re-assurance.
43rd and Noriega Senior Center: Social Day Care Program for ambulatory aged.

Who to Contact: Staff

Director: Dr. Norman Leach

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco, Daly city

Other:

Foreign Languages:

Public Transportation:

Other Information: David Cross is Community College Coordinator for Senior Services,

SAN FRANCISCO DENTAL SOCIETY EMERGENCY & REFERRAL
760 Market Street, Suite 828
San Francisco, CA 94102

986-5845

Services & Description: Provides names and phone numbers by neighborhoods of dentists who will accept MediCal, emergency care, referral service.

For Senior Dental Program, Call 986-5845.

Who to Contact: Intake Staff

Director: Miss Loa Kingston

Days and Hours: 7 days a week
9:00 am to 5:00 pm
Weekend emergency service (same number)

Eligibility:

Income and Age:

Fees: No fees

Area Served:

Other:

Foreign Languages: Will refer to dentist speaking foreign language.

Public Transportation:

Other Information: Access by phone

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
District Health Center #1
3850 17th Street
San Francisco, CA 94114

558-3905 Clinic
558-2444 Public Health Nurse (Geriatric Assessment)

Services & Description: Blood pressure checks, Pneumococcal Vaccine, Flu shots, nurse/doctor consultation, health education, referral, geriatric case management.

Who to Contact: Staff

Director:

Days and Hours: Clinic for Shots and Blood Pressure Check
Monday and Tuesday 8:00 am to 11:00 pm
Wednesday 8:00 am to 11:00 pm
1:00 pm to 4:00 pm
Thursday and Friday 1:00 pm to 4:00 pm

Public Health Nurse Case Management
Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees: $5.00 registration fee; however, no one is denied services due to an inability to pay. No charge for blood pressure screening and geriatric case management.

Area Served: San Francisco Area

Other: San Francisco residents

Foreign Languages: Spanish, some Chinese, Tagalog

Public Transportation: J, K, L, M, 22, 24, 33, 35, 37

Other Information: Special Peer Support Group for Hypertensive Seniors held every Wednesday 9:30 am to 11:00 am
Support group also provides group discussion, presentations on subjects of interest, including health. Free

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
District Health Center #2
1301 Pierce Street
San Francisco, CA 94115

558-3256 (Information Line)
558-2952 (C.P.R. Training - Darlene Bahrs)

Services & Description: Hypertension education and screening; Public health nurses; TB screening; immunizations, nutrition, health education; post-menopausal counseling; senior housing unit program; physical exams; teen clinic.

Types of Clinics

1. Appointment only screening clinic
2. Drop-in Clinic
3. Women' Clinic

Who to Contact: Staff

Director:

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees: $1.00, drop-in charge. No one is denied services due to inability to pay.
$3.00 charge for blood tests.

Area Served: San Francisco Area

Other: San Francisco residents

Foreign Languages:

Public Transportation: MUNI: #22, 31, 38

Other Information: Geriatric Case Management - Case manager will arrange for health, legal, housing and social services for elderly San Francisco residents.
Contact: Mitzi Toyama 558-2891

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
District Health Center #3
1525 Silver Avenue
San Francisco, CA 94134

468-3664

Services & Description: Family planning and counseling for teenagers and adults; infant and well children's clinics; immunizations, screening physicals for teenagers and adults; prenatal clinic and prenatal classes; health education. Also glaucoma screening, yearly flu immunization, colo-rectal cancer screening; senior's health education classes; high blood pressure screening; T.B. testing, Geriatric Case Management.

Who to Contact: Staff

Director:

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm
Some Saturdays and some evenings, Most services by appointment.

Eligibility:

Income and Age:

Fees: $1.00 for most services; $0-$27 for Family Planning Services. Fees vary for education classes. No one is denied service due to inability to pay.

Area Served: District #3

Other: San Francisco residents

Foreign Languages: Spanish, Tagalog

Public Transportation: MUNI: #9, 44

Other Information: Communication network for seniors; women's clinics (pap test and breast self-exams, etc.); CPR training; Public health nurse home visits.

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
District Health Center #4
1490 Mason Street
San Francisco, CA 94133

558-3158 Information
558-2011 Health Assessment and Counseling
558-5044 Food and Sanitation Complaints
558-2545 Women's Clinic
558-3158 All Other Clinics
558-2308 Nutrition and Health Education

Services & Description: Health screening clinic; glaucoma screeing clinic; women's clinic; immunizations; nutrition counseling and classes; health education; hypertension screening and education; health information and referral; health assessment and counseling; food and sanitation complaints.

Who to Contact:

Director: Mary Wong, R.N., M.P.H.
District Health Officer

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm
Clinics by appointment only

Eligibility:

Income and Age:

Fees: Sliding scale for women's clinic; $1.00 for blood pressure measurements; $5.00 for other clinics/services. no one denied service due to inability to pay.

Area Served: San Francisco residents. Food and sanitation complaints in District #4 only.

Other:

Foreign Languages: Chinese (Cantonese)

Public Transportation: Powell-Mason cable car; #30 Stockton

Funding Sources: S.F. City & County augmented by Federal state funds for certain services.

Other Information:

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
District Health Center #5
1351 24th Avenue
San Francisco, CA 94122

661-4400

Services & Description: Hypertension screening; Tuberculin skin test; glaucoma screening, immunizations; health education; public health nurses; senior health screening examinations; geriatric case management.

Who to Contact: Office Nurse

Director: Virginia Yee
Interim District Health Officer

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm some evenings and weekends; clinics by appointment only.

Eligibility:

Income and Age:

Fees: $5.00 (or sliding scale)

Area Served: San Francisco, Richmond, Merced, Sunset, Parkside, Ocean View, Ingleside
San Francisco residents

Other:

Foreign Languages: Chinese, Spanish

Public Transportation: N-Judah, #71, 72, 16X, & 29

Funding Sources:

Other Information: Links widow and widowers support group program at this site.

Wednesday - a.m. drop-in clinic with minor medical problems.

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH
Public Health Division - Administrative Offices
101 Grove Street
San Francisco, CA 94102

558-2896

Services & Description: Preventive health care; home evaluation by Public Health Nurse; health education; health screening. District addresses and phone numbers listed below.

Who to Contact: Staff

Director: Dr. David Werdegar

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees:

Area Served: San Francisco

Other: San Francisco residents

Foreign Languages:

Public Transportation:

Other Information:

District Health Centers

1	3850 17th St. 558-3905
2	1301 Pierce St. 558-3256
3	1525 Silver Ave 468-3664
4	1490 Mason St. 558-3158
5	1351 24th Ave. 661-4400

SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES
Adult Services
170 Otis Street
San Francisco, CA 94103

557-6438 Administration
557-5251 (Intake), Adult Protective Services and Placement
557-5254
557-5060

Services & Description: Placement in board and care and skilled nursing facilities. Protective services for adults who are in danger to themselves or the community or are in danger of being abused, exploited or neglected (without regard to income). In-home support services to maintain aged, blind, disabled persons in own home. Day care services for developmentally disabled.

Who to Contact: Intake worker

Director: June Keller
557-6438

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age: SSI/SSP, 18+

Fees: None

Area Served: San Francisco

Other:

Foreign Languages: Chinese, interpreters for Russian and Spanish and Tagalog

Public Transportation: Mission street buses (MUNI)

Other Information: Funds for special circumstances such as eviction, catastrophe, house repairs, life threatening situations.
Contact: Pat Chrisman
P.O. Box 7988
San Francisco, CA 94120

557-5257

SAN FRANCISCO GENERAL HOSPITAL DENTAL CLINIC
1001 Potrero Avenue
San Francisco, CA 94110

821-8104

Services & Description: All aspects of oral and maxillofacial surgery, to include extractions and general dentistry, with the exception of dentures and gold work.

Who to Contact: Carol Thurman

Director: Dr. Newton Gordon

Days and Hours: Monday to friday, 9:00 am to 11:00 am
1:00 pm to 4:00 pm (except Tuesday morning)
Oral surgery clinic begins 9:00 am

Eligibility:

Income and Age: All eligible

Fees: Emergency treatment irrespective of ability to pay. Fee schedule for patients and third parties. Accepts MediCal

Area Served: City and County of San Francisco, other counties as is necessary.

Other:

Foreign Languages: Interpreters available

Public Transportation: MUNI, BART, A.C. Transit

Funding Sources:

Other Information: Hospital dental services are affiliated with the University of California, San Francisco School of Dentistry. Diagnosis and treatment are performed by students, general practice residents, and oral and maxillofacial surgery residents under the instruction of the attending staff of the University of California, San Francisco.

SAN FRANCISCO GROCERY EXPRESS
Order Desk 641-5400
Administrative Offices 641-5460

Services & Description: All delivery grocery service serving both individuals and businesses. Offers over 3200 grocery products, including high-quality fresh produce, meats and fish, frozen foods, and health and beauty aids. Free catalog on request; each product has a number. The Grocery Express requests that you order using the number. (Except for the visually impaired)

Who to Contact:

Director: Mary Garvey

Days and Hours:

Orders taken

Mon-Fri	7:30 am to 9:00 pm
Saturday	7:30 am to 6:00 pm
Sunday	8:00 am to 1:00 pm

Deliveries:

Mon-Fri	8:00 am to 10:00 pm
Saturday	8:00 am to 8:00 pm
Sunday	10:00 am to 6:00 pm

Eligibility:

Income and Age:

Fees: $25.00 minimum order
$20.00 for low-income seniors or handicapped

$3.25 delivery charge
$3.75 West of Twin Peaks

$1.00 less delivery charge for low-income seniors or handicapped.

Area Served: Serves San Francisco County

Other:

Foreign Languages:

Public Transportation:

Other Information: Also useful in conservatorship due to provision of itemized bill. Accepts cash, personal check, VISA, MasterCard and food stamps.

SAN FRANCISCO HEARING & SPEECH CENTER
1234 Divisadero Street
San Francisco, CA 94115

921-7658 Voice
921-8990 (TDD)

Services & Description: Diagnostic and rehabilitative services for those with speech and hearing problems.

Who to Contact: Kay Hammel
Business Manager

Director: Dr. Rayford Reddell

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees: Sliding scale for cost of services; MediCare and MediCal

Area Served: Bay Area

Other:

Foreign Languages: Spanish, Italian, Sign Language, Chinese

Public Transportation: MUNI: #24, 31

Other Information: MediCare does not pay for hearing aids or the testing for them.

Last Up-date:

SAN FRANCISCO LAWYER'S COMMITTEE FOR URBAN AFFAIRS
301 Mission Street #400
San Francisco, CA 94105

543-9444 (Day)

Services & Description:	Clinic for Civil Law problems; walk-in on Tuesday, 5:30 - 7:30 pm at main office. Clinic for Immigration and visa problems 5:30 to 7:30 pm 1st/3rd Thursdays at 465 Clay Street; 2nd/4th Thursdays at 2588 Mission Street, 2nd Floor. Call for information and location.
Who to Contact:	
Director:	Mark Aaronson
Days and Hours:	Tuesday, Thursday 5:30 to 7:30 pm
Eligibility:	
Income and Age:	Low Income
Fees:	None
Area Served:	Bay Area
Other:	
Foreign Languages:	Translators in Spanish and languages available at the various clinics.
Public Transportation:	MUNI: Market and Mission buses
Other Information:	Call for legal clinic locations available each week.

SAN FRANCISCO LINKAGES
Mount Zion Hospital and Medical Center
2356 Sutter Street
San Francisco, CA 94115

885-7673

Services & Description:	Serves frail elderly and functionally impaired adults at risk of institutionalization, but not so impaired as to require immediate placement. Information and referral on community based long term care, assessment, case management, service coordination, limited option to purchase services in special cases.
Who to Contact:	Intake
Director:	Linda Goldman
Days and Hours:	Monday to Friday, 8:00 am to 4:30 pm
Eligibility:	
Income and Age:	18+
Fees:	MediCal, Sliding fee based on ability to pay.
Area Served:	San Francisco
Other:	Does not serve individuals who are eligible for services under the Department of Rehabilitation, Department of Developmental Services, case management of Mental Health, or MSSP.
Foreign Languages:	Access to translators
Public Transportation:	MUNI: Sutter Street buses
Funding Sources:	California Department of Aging
Other Information:	
Last Up-date:	5/87

SAN FRANCISCO MEDICAL SOCIETY
250 Masonic
San Francisco, CA 94118

567-6230

Services & Description: Referrals to private physicians. The service has information concerning the physician's locations, specialties, medical education, foreign language fluency, acceptance of MediCal, availability to make house calls, etc. Whenever possible, 3 referrals are given

Who to Contact: Staff

Director: Susan Waters

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age:

Fees: None

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation:

Other Information: Cross street is Turk.
S.F.M.S. will review written complaints and attempt to mediate between patient and physician. The review process takes 3-4 months.

SAN FRANCISCO MULTIPURPOSE SENIOR SERVICES PROGRAM (MSSP)
San Francisco Institute on Aging
Mount Zion Hospital and Medical Center
2356 Sutter Street
San Francisco, CA 94115

885-7590

Services & Description:	Case management program to help prevent or delay institutionalization of frail elderly. Includes health and psychosocial assessment with reassessment every six months and more often if indicated; coordination of services and on-going monitoring. Minimum of monthly home visits to ensure adequate and appropriate service delivery.
Who to Contact:	Intake
Director:	Joan M. Slaughter
Days and Hours:	Monday, to Friday, 8:00 am to 4:30 pm
Eligibility:	
Income and Age:	65+
Fees:	None
Area Served:	San Francisco
Other:	at ICF/SNF level
Foreign Languages:	Russian, Cantonese, Mandarin
Public Transportation:	MUNI: #2 Clement, 4 Sutter, 38 Geary, 24 Divisadero
Funding Sources:	State and Federal
Other Information:	Purchase of specific services including translation available based on client need and costs.
Mailing Address:	P.O. Box 7921, San Francisco, CA 94120

SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE FOUNDATION
49 Powell Street
San Francisco, CA 94102

627-0200

Services & Description:	Domestic relations, landlord/tenant relations, welfare, Social Security.
Who to Contact:	Intake Staff 627-0200
Director:	Thomas W. Pulliam, Jr. (Acting)
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	Attached (no age limitation but some seniors are referred to LAE)
Fees:	None
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish, Tagalog, Cantonese, Vietnamese
Public Transportation:	MUNI: Market street buses
Funding Sources:	LSC IOLTA
Other Information:	

SAN FRANCISCO NIGHT MINISTRY
432 Mason Street
San Francisco, CA 94102-1799

986-1464

Services & Description: Crisis intervention counseling service. Trained lay volunteers provide telephone counseling & referral services for all manner of crisis. Ordained clergy are available for immediate, in-person counseling on call to the entire city. Persons in crisis arrange their own meeting place, i.e., apartment, restaurant, bar, etc. and the night minister meets them there. Sponsored by S.F. Council of Churches. Non-religious in nature.

Who to Contact: Rev. Charles Lewis

Days and Hours: 10:00 pm to 4:00 am, every night of the year.

Eligibility:

- Income and Age: Anyone
- Fees: No fees
- Area Served: San Francisco
- Other:

Foreign Languages:

Public Transportation:

Funding Sources: Denominations, churches, individuals, benefits, foundation grants.

Other Information:

SAN FRANCISCO PUBLIC GUARDIAN
1212 Market Street
San Francisco, CA 94102

558-4161

Services & Description:	Acts as Conservator of the estate as directed by the Probate Division of the Superior Court. Has limited control of person; functions most appropriately when some estate decisions are necessary. Conservator of person and estate (not conservator only of person).
Who to Contact:	Social Worker or Investigator available
Director:	Jim Scannell
Days and Hours:	Monday to Friday, 8:00 am to 5:00 pm (Closed during noon hour)
Eligibility:	
Income and Age:	18+
Fees:	At the discretion of the Superior Court
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish
Public Transportation:	MUNI: All lines that pass 8th and Market streets.
Funding Sources:	City and County Taxes
Other Information:	

SAN FRANCISCO RECREATION AND PARK DEPARTMENT
McLaren Lodge, Golden Gate Park
Fell & Stanyan Streets
San Francisco, CA 94117

751-4926 General
558-4268 Public Relations
558-5031 Special Olympics

Services & Description:

1. 20 Senior Clubs, meet one day a week.

2. 2 Multi-purpose Senior Centers:

Golden Gate Park Senior Center
6101 Fulton Street, at 37th Avenue
751-4926

Rosa Parks Senior Center
1111 Buchanan Street, at Turk
921-2424 Open 5 days. Monday to Friday
Nutrition site.

Cayuga Senior Club
Cayuga & Naglee
Meets Mondays, Tuesdays, and Friday
With a total membership of 300 men & women..

Days and Hours: As shown in INDEX (Blue Section under Senior Clubs)

Eligibility:

Income and Age: Age 60+

Fees: $9.00 annually at Golden Gate Park Senior Center

Area Served:

Other:

Foreign Languages: Chinese in Chinese Recreation Center
Japanese in Hamilton Senior Center

Public Transportation: Majority have own transportation

Funding Sources:

Other Information:

SAN FRANCISCO S.A.F.E., INC.
850 Bryant Street, Room 553
San Francisco, CA 94103

673-7233

Services & Description:	Crime prevention education available through block club and merchant's organizations and business security survey. Presentations include personal safety, home safety and earthquake preparedness, Operation ID.
Who to Contact:	
Director:	Gwen Dilworth-Battle
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	
Fees:	None
Area Served:	
Other:	Anyone eligible
Foreign Languages:	Translators can be made available for presentation.
Public Transportation:	MUNI: #19, 25, 30 Express
Funding Sources:	City and County of San Francisco
Other Information:	Accessible to wheelchairs; ramp located at rear.

SAN FRANCISCO SENIOR CENTER/AQUATIC PARK BRANCH
890 Beach Street
San Francisco, CA 94109

775-1866
771-2666 (T.T.Y.)

Services & Description: Multi-purpose senior center providing educational, recreational and social supportive services to its elderly participants. Program for the deaf.

Who to Contact: Betty McQuiston, Branch Director

Director: David Newcomer, Executive Director

Days and Hours: Monday to Friday, 9:00 am to 4:00 pm
Sunday, 11:00 am to 3:00 pm
Daily noon meal

Eligibility:

Income and Age: 60+

Fees: Donations.
Optional membership $10.00 per year

Area Served: San Francisco
Surrounding area residents welcome

Other:

Foreign Languages: Spanish, Japanese, Cantonese, Sign Language

Public Transportation: MUNI: #19 Polk, 30 Stockton, 49 & 42 Van Ness
Paratransit Broker

Other Information: Visiting professionals assist with Social Security, Income Tax Legal, Health Care, Nutritional Problems, health Screening, Social Services, Individual and Group Counseling. Extensive variety Community College Classes.

Last Up-date:

SAN FRANCISCO SPCA HEARING DOG PROGRAM
2500 16th Street & Alabama
San Francisco, CA 94103

554-3020

Services & Description: Provides hearing dogs to the hard of hearing. Dogs are unwanted animals from the shelter; they are obedience-trained, and can alert person to sound of phone, door bell, smoke detecter, baby, prowler, etc. They are not guard dogs, but are useful companions. Person must also undergo training.

Who to Contact: Marianne Dondero
Secretary

Director: Ralph Dennard

Days and Hours: Phone inquiry
Monday to Friday
8:30 am to 12:00 noon; 1:00 pm to 5:00 pm
Come in only by appointment

Eligibility:

Income and Age: No limits, except over 18 and having serious hearing loss.

Fees: $100.00 Class registration fee

Area Served: The entire state of California

Other:

Foreign Languages: Sign language for the deaf

Public Transportation: MUNI: #22 Fillmore

Other Information: Program is funded by private donations and foundations; no public funds used.

SAN FRANCISCO STATE UNIVERSITY
Urban Elders Program /Extended Education
20 Tapia Drive
San Francisco, CA 94132

338-1684

Services & Description: Urban Elders Programs give people over the age of sixty the opportunity to take any course offered (on a space available basis), have full use of the library as well as most of the campus facilities, plus many additional benefits. Urban Elders Programs is an umbrella structure for a number of academic and direct services programs for older adults. The following programs come under this program: Eldercollege, Elderhostel, Humanities Club, Over Sixty Program, Re-Entry Student Advising, Sixty Plus Club.

Who to Contact: Celia Sacks, Coordinator, Urban Elders Programs

Director: Anabel O. Pelham, Ph.D. , Director of Gerontology Programs

Days and Hours: Office Hours
Monday to Friday, 8:30 am to 4:30 pm
Classes held throughout the day and evening.

Eligibility:

Income and Age: Any person over the age of sixty

Fees: Dependent on the program
Exception: Eldercollege $20.00 semester

Area Served: Bay Area

Other: N/A

Foreign Languages: N/A

Public Transportation: The following MUNI lines go to SFSU: M-Streetcar, 17 Express, 26 Valencia, 28-19th Avenue, 29 Sunset, 48 Quintara, 17 Parkmerced

Funding Sources:

Other Information:

SAN FRANCISCO SUICIDE PREVENTION, INC.
3940 Geary Blvd.
San Francisco, CA 94118 (Not For Publication)

752-4866

Services & Description: Suicide and crisis intervention; friendship line for senior citizens; drug information and crisis information; mental health information and referral lines.

24 hours/day; 7 days/week:

Suicide:	221-1423
Friendship Line:	752-3778
Drug Line:	752-3400
Mental Health:	387-5100

Who to Contact: Staff
752-4866 9:00 am to 5:00 pm

Director: Ms. Joanne Chadwick

Days and Hours: 7 days/week 24 hours

Eligibility:

Income and Age:

Fees:

Area Served:

Other: Mental Health TTY: 221-9174
Monday to Friday, 9:00 am to 5:00 pm

Foreign Languages: Spanish, Chinese, Tagalog, French, Cantonese, (limited), Mandarin

Public Transportation:

Funding Sources:

Other Information: Speakers Bureau available to various organizations. Geriatric Outreach Program - a telephone re-assurance program, volunteers are matched with elders who want to be called at home or visited. Grief Group for survivors of Suicide Victims.
Contact: Patrick Arbore at 752-4866.

SAN FRANCISCO TENANTS UNION
558 Capp Street
San Francisco, CA 94110

282-6622

Services & Description: Drop-in counseling for S.F. tenants. Phone counseling, handbook, and newsletter for members. Support for buildings that wish to organize.

Who to Contact: Counselor on duty.

Director: Collectively run

Days and Hours: Monday and Saturday, (call for hours)

Eligibility:

- Income and Age: No restrictions
- Fees: $5.00 minimum donation/$15-55 sliding scale annual membership dues.
- Area Served: S.F.
- Other: Must be tenant

Foreign Languages: Some Spanish

Public Transportation: MUNI: #14, 49, to 21st Street

Funding Sources: Member dues and donations

Other Information:

SCORE
Service Corps of Retired Executives
211 Main Street, 4th Floor
San Francisco, CA 94105

974-0599

Services & Description:	Free counseling to small business owners, managers and those considering starting a business.
Who to Contact:	SCORE information desk
Director:	
Days and Hours:	Monday to Friday, 10:00 am to 12:00 noon 1:00 pm to 2:00 pm
Eligibility:	
Income and Age:	No restrictions
Fees:	None
Area Served:	San Francisco, and Marin, San Mateo, Alameda, Contra Costa Counties.
Other:	
Foreign Languages:	Chinese, Hungarian, German, Korean
Public Transportation:	Mission & Market Street buses; BART; MUNI Metro (Embarcadero Station)
Other Information:	Sponsored by Small Business Administration. Appointments made at 10:00 am, 11:00 am, and 1:00 pm Monday to Friday.

SEER PROJECT
Seniors Enriching Educational Roles
135 Van Ness, Room 20-C (mailing)
170 Fell St. (office)
San Francisco, CA 94102

864-4229
864-4224

Services & Description: Recruit and train people age 60 and over to work as tutors, crafts instructors, library assistants, etc. in San Francisco public schools (kindergarten - 12th grade). Place older volunteers in work situations at local schools compatible with their skills and interests.

Who to Contact: Eve Siegel or Claire Herzog

Director: Eve Siegal

Days and Hours: Monday to Friday, 8:00 am to 4:00 pm

Eligibility:

- Income and Age: No income restrictions
  Age 60 and over
- Fees: None
- Area Served: City and County of San Francisco
- Other: Older people with general and specialized skills welcome

Foreign Languages: Translators can be located, if necessary. Non-English-speaking volunteers can be placed in certain classes.

Public Transportation: Volunteers are generally placed in schools near their homes (within walking or easy bussing distance)

Other Information: SEER staff works with staff from senior agencies and schools to develop intergenerational programs that are mutually beneficial to older and younger people in San Francisco and the Greater Bay Area upon request. Conducts training workshops; provides technical assistance. Training in tutoring special education students, non-English speaking students, and students with reading/math needs is provided for SEER volunteers.

SELF-HELP FOR THE ELDERLY
640 Pine Street
San Francisco, CA 94108

982-9171

Services & Description: Self-Help for the Elderly is a multiservice agency with six program units: Nutrition, Social Services/Housing, Employment and Training, Enterprise, In-Home Supportive Services, and licensed HomeCare. Services include: case management, information and referral, translation, escort, social educational and recreational activities, re-location and housing assistance, congregate and home-delivered meals, training and placement and skilled nursing.

Who to Contact: Lee Tang: Social Services
Helen Yuen: Nutrition
Razia Khan: Employment
Jane Kwong: In-Home Supportive Service

Director: Anni Chung

Days and Hours: Monday to Friday, (some mealsites open on weekends) Home care only on-call 24 hours

Eligibility:

Income and Age: Low-income older Americans--except for meal programs which have no income requirements for 60+

Fees: No one is denied services if unable to pay. Established fees for some Social Services and for Employment assistance. Donations requested at mealsites.

Area Served: San Francisco with emphasis on Chinatown and North Beach

Other:

Foreign Languages: Chinese

Public Transportation: MUNI: #30, #55 California street cable car

Funding Sources: San Francisco Commission on the Aging, United Way of the Bay Area, Private Industry Council, Mayor's Office of Community Development, Mayor's Office of Housing & Economic Development.

Other Information:

Richmond Branch
741 30th Ave
751-3394
Mr. Chan
Open Saturday for meals
Monday to Friday for activities

Manilatown Senior Center
650 Commercial
982-3398
Serving Filipino elderly 7 days a week.

SENIOR ADVISORY GROUP
3150 California Street
San Francisco, CA 94115

922-4333

Services & Description: Medical bills management review insurance coverage, submit claims to Medicare/Supplement and resolve problems. A non-profit organization 501 C3.

Who to Contact: Nancy L. Sholkin
Executive Director

Director:

Days and Hours: By appointment only
Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: Must be 60 years old or older

Fees: Several plans, 20% free of charge

Area Served: Bay Area

Foreign Languages: Interpreter available with advance notice

Public Transportation: MUNI: #1, #3, or #4

Funding Sources: Client fees, Individual donations and Grants by Corporations and Foundations.

SENIOR COMPANION PROGRAM
Family Service Agency of San Francisco
1010 Gough Street
San Francisco, CA 94109

474-7310

Services & Description: Employment opportunities for persons over 60 who are within the Federal poverty guidelines. 20 hours a week - 4 hours a day. Meal allowance. Three weeks sick leave; two weeks paid vacation. Transportation allowance and annual physical examination. Provide companionship to adults, frail elderly, who are homebound. Paid stipend of $2.20/hr. non-taxable.

Who to Contact: Jean Parrott

Director: Jean Parrott

Days and Hours: Monday through Friday, 9:00 am to 5:00 pm

Eligibility:

- Income and Age: Over 60 years of age, low income and physically fit.
- Fees: None
- Area Served: Greater San Francisco
- Other:

Foreign Languages: Spanish

Public Transportation: MUNI: #31, 38, 47

Other Information: Not accessible to wheelchairs

SENIOR DENTAL PROGRAM
(Part of California Dental Association)
450 Sutter Street, Room 840
San Francisco, CA 94108

986-5845

Services & Description: Refers seniors to dentists who will provide services at about 15% less than their standard fees. (The amount is left up to the individual dentist; 15% is the reduction suggested by the Dental Association) Home visits.

Who to Contact: Staff

Director:

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

- Income and Age: Fixed income, under $16,000 annually; over 60; no dental insurance
- Fee: 15% (approx.) reduction on standard fee
- Area Served: San Francisco
- Other: People not eligible for MediCal

Foreign Languages:

Public Transportation: Sutter street coaches - #2, 3, 4, 45

Other Information:

SENIOR ESCORT PROGRAM OF SAN FRANCISCO
1049 Market Street, Suite 607
San Francisco, CA 94103

863-0303

Services & Description: Provides personal and group escorts to medical appointments, banks, social services, recreation, etc., via bus, van, walking or taxi vouchers; provides one-to-one and group crime prevention information and education; provides needed assessments; advocacy, telephone assurance home visits, I&R follow-up, special neighborhood projects in cooperation with Sr. Advisory Councils in each neighborhood, such as the Walking Patrol at 1280 Laguna Street.

Who to Contact: Individual service sites or Central Administration

Director: Vincent Reyes, Executive Director
Emil De Guzman, Operations Director

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

- Income and Age: 55+
- Fees: All services are free
- Area Served: San Francisco
- Other:

Foreign Languages: Spanish, Filipino, Chinese, Italian

Public Transportation:

Other Information: Sr. Advisory Councils in each neighborhood composed of senior residents 55+ (mostly clients). The Presidents of these Councils meet to form City-wide S.A.C. which advises the director on all program policy. This is a special program of the S.F. Police Department. PLEASE SEE LISTING OF SERVICE SITES

SENIOR ESCORT PROGRAM OF SAN FRANCISCO
(CONTINUED)

ADMINISTRATIVE OFFICE	1049 Market Street, Suite 607 San Francisco, CA 94103 863-0303
BAYVIEW-HUNTERS POINT	1535 Newcomb Avenue, Suite 200 San Francisco, CA 94124 285-2500
CHINATOWN-NORTH BEACH	948 Pacific Ave San Francisco, CA 94133 391-5686
MISSION DISTRICT	180 Fair Oaks Street, Suite 6 San Francisco, CA 94110 824-7550
NORTH OF MARKET (tenderloin)	330 Ellis Street, Suite 518 San Francisco, CA 94102 673-8600
POTRERO HILL	1060 Tennessee Street San Francisco, CA 94107 648-3743
SOUTH OF MARKET	1049 Market Street, Suite 609 San Francisco, CA 94103 863-0444
WESTERN ADDITION	1240 Fillmore Street, Room 203 San Francisco, CA 94115 931-2350
WESTERN ADDITION WALKING PATROL	1280 Laguna Street San Francisco, Ca 94115 922-6807

SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION
San Francisco Department of Public Health
1182 Market Street, Suite 320
San Francisco, CA 94102

626-1033
552-6016 Senior News Line (toll free)

Services & Description: Provides thorough and accurate information and referral to available resources in the community that will solve a wide range of social or health problems
Provides Gold Cards to seniors over 60 years of age.
Provides MUNI ID's to seniors over 65 years of age.
Provides blood pressure and colo-rectal screening
Provides free Health Education Literature

Who to Contact: Staff

Director: Mary Theresa Dowling

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm
24-hour phone coverage

Eligibility:

Income and Age: None

Fees: None

Area Served: San Francisco

Other:

Foreign Languages: Tagalog, Spanish, Cantonese, German

Public Transportation: All Market Street lines

Other Information: Answers 24-hour ELDER ABUSE informtion line

Senior Newsline Toll Free 552-6016
A weekly tape recorded message of information on current events and health tips for seniors.

Publishes the Resource Guide of services for seniors in San Francisco, a comphrehensive directory of services for seniors in San Francisco.

SENIOR RESOURCES, INC.
1750 29th Avenue
San Francisco, CA 94122

753-2405
753-2406

Services & Description: A program of outreach to persons over 60, designed to strengthen the senior's resources. The program is service based to assist individuals in utilizing services and to monitor same to assure that they receive the quality of service needed. In-Home Support Program a new focus. Sponsors the annual Senior Informational Fair.

Who to Contact: Mary Lu Murphy, Caseworker

Director: Douglas Carner

Days and Hours: Monday to Friday, 8:30 am to 12:30 pm

Eligibility:

- Income and Age: 60+
- Fees: None
- Area Served: San Francisco, Alameda counties
- Other:

Foreign Languages:

Public Transportation: MUNI: #71, 21, 8, 7, Street Cars: J, K, L, M, N

Funding Sources:

Other Information:

SENIORS EAGER FOR ACTIVE LIVES (SEALS)
Mount Zion Hospital and Medical Center
P.O. Box 7921
San Francisco, CA 94120

885-7353

Services & Description: A group of volunteers who serve as a support group for the San Francisco Institute on Aging at Mount Zion Hospital and Medical Center, which provides services to the elderly, including the Ruth Ann Rosenberg Adult Day health Center, Home Care, Social Day Care, In-Home Art and Recreation, Senior Health Screening, training in geriatric medicine, information, referral and research in long term care.

Who to Contact: Roberta Jacobs/Lorraine Guggenheim

Director:

Days and Hours: Group meets monthly, call for details

Eligibility:

Income and Age:

Fees:

Area Served:

Other:

Foreign Languages:

Public Transportation:

Funding Sources:

Other Information: Have provided a lifeline system at Mount Zion

SERVICES FOR SENIORS, INC.
1500 Laguna Street
San Francisco, CA 94115

922-5438

Services & Description:

1. Provides hot, low-cost meals for 4 senior centers and low-income senior residences
2. Provides low-cost lunches on weekends
3. Administers senior catering for vending machine service in selected hotels
4. Administers SF Living at Home Project
5. Provides group and individual support in low income senior residences.
6. Administers Friendship Center for seniors and disabled adults at:
   711 Eddy Street
   Monday to Friday, 10:00 am to 2:00 pm
   Saturday 11:00 am to 2:00 pm

Light breakfast and lunch available at moderate cost. Socialization, recreational and educational activities

Who to Contact:

Jerry Carlin	Ken Roth	Barbara Solomon
Supportive Services Coordinator	Meals Services Coordinator	Living at home Coordinator
775-5052	922-5438	922-5438

Director: Stephen Graham

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: Senior and disabled adult

Fees: Meals at cost

Area Served: Tenderloin & Citywide

Other: Volunteers welcome

Foreign Languages:

Public Transportation: #31 Balboa to Friendship Center

Funding Sources: Meal fees, Untied Way, Foundations, Contributions, S.F. COA, Endowment

Other Information: Friendship Center
711 Eddy Street (at Polk)
San Francisco, Ca 94109
775-5052

SOUTH OF MARKET HEALTH CLINIC
551 Minna Street
San Francisco, Ca 94103

626-2951

Services & Description: General health, dental; screening for vision and hearing; podiatry; physical examinations and on-site pharmacy.

Who to Contact: Staff

Director: Dr. Gary Birnbaum

Days and Hours: Monday to Wednesday
8:00 am to 7:00 pm
Tuesday & Friday
8:00 am to 5:00 pm
Thursday
8:00 am to 1:00 pm
Drop in hours - 8:00 am to 10:00 am
1:00 pm to 2:00 pm
Everyday except Thursday
(a.m. only)

Eligibility:

Income and Age: All ages

Fees: Sliding scale; MediCal, MediCare and private insurance

Area Served: San Francisco

Other:

Foreign Languages: Spanish, Tagalog, Cantonese, Mandarin

Public Transportation: MUNI: Market or Mission street buses.
BART - Civic Center

Funding Sources: Federal 330 Grant, S.F.D.P.H.

Other Information: Satellite clinic of San Francisco General

SPECIAL AUDIENCES
1182 Market Street #311
San Francisco, CA 94102

552-3505

Services & Description: Provides access to the performing arts for seniors and others in the social service community. Serves as a clearing house, distributing free tickets to agencies that pay an annual membership fee.

Who to Contact: Carmen Hermida

Director:

Days and Hours: Monday to Friday, 11:30 am to 2:30 pm

Eligibility:

Income and Age: Senior members of social service, rehabilitative and therapeutic communities: must be a group - no individuals.

Fees: $335.00 per year

Area Served: San Francisco Bay Area

Other:

Foreign Languages:

Public Transportation: No transportation provided.

Funding Sources:

Other Information: Application required. Please call or write for an agency application.

SPRING GARDENS
70 Oak Street
San Francisco, CA 94102

552-5545

Services & Description: Multi-purpose center for adults. Full program of activities, including exercise, language classes, needlework, bridge, crafts, etc. Tea dances, mini-lunch ($.50) on Mondays. Social activities, games. Blood pressure monitoring. Theater class, drama group, trips.

Who to Contact: Staff

Director: Gerry Eagan

Days and Hours: Monday to Friday, 10:00 am to 3:00 pm

Eligibility:

Income and Age: Anyone over 45

Fees: Membership dues
Supportive member: $5.00/year
Active member: $10.00/year

Area Served: San Francisco

Other:

Foreign Languages: Spanish

Public Transportation: Near Market and Van Ness; convenient to several MUNI lines #47, 49, 42

Funding Sources: St. Anthony Foundation

Other Information: Call for monthly calendar and specific information.

SRx - SENIORS MEDICATION EDUCATION PROGRAM
1182 Market Street, Room 204
San Francisco, CA 94102

558-3767

Services & Description: A preventative health education program focused on reducing and preventing drug misuse and abuse among the elderly. Services include direct senior consumer education through formal classes, phone consultations on medications, individual medication consultation sessions, educational theatre presentations, development and distribution of a wide array of patient education materials, and training of professional and paraprofessional service providers. Research and advocacy activities conducted.

Who to Contact: Staff

Director: Alyonik Hrushow

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

Income and Age: 55 years and older

Fees: Free to senior residents of San Francisco and providers of non-profit organizations; fixed fee for private providers.

Area Served: San Francisco

Other:

Foreign Languages: Chinese, Vietnamese and Spanish written materials

Public Transportation:

Other Information: SRx is a program of the San Francisco Department of Public Health

STATE DEPARTMENT OF MENTAL HEALTH
Office of Mental Health Social Services
3330 Geary Blvd.
San Francisco, CA 94118

752-6533

Services & Description: Provides LPS Conservatorship Investigation services for all SF residents deemed gravely disabled, and case management services for all SF Conservatees in community placement and/or independent living. Liaison with state hospital system and placement into community-based facilities within and outside San Francisco.

Who to Contact: Office Supervisor or on-duty staff member

Director: John Lee, SPSW I

Days and Hours: Monday to Friday, 8:00 am to 5:00 pm

Eligibility:

Income and Age: No one excluded, but services are focused on clients unable to purchase services privately. No age restrictions.

Fees:

Area Served: San Francisco County and out-of-county facilities utilized for San Francisco residents.

Other:

Foreign Languages: Chinese, French, Arabic, Ethiopian, Italtian, Spanish

Public Transportation:

Funding Sources:

Other Information: This agency has a geriatric unit, comprised of one full time and one half time psychiatric social worker; in addition to these staff, there is a one-fourth time placement resource person serving geriatric conservatees. OMHSS is a publicly-funded agency, which works in collaboration with San Francisco Community Mental Health Services in behalf of mentally disabled clients of all ages.

SUBSTANCE ABUSE TREATMENT PROGRAMS
V.A. Medical Center
4150 Clement Street
San Francisco, CA 94121

221-4810

Services & Description: The Substance Abuse Programs offer 6 treatment components:

1. Substance Abuse Triage Walk-In service for patients seeking treatment, Bldg. 8, daily, 1 p.m.- 3:30 p.m., Phone: 750-2350

2. Transition Group: 5-10 session daily group for new patients awaiting inpatient or outpatient program. Some ambulatory detox. Referrals via TRIAGE.

3. Alcohol Inpatient Unit (AIU) 14-28 day Inpatient Program. Outpatient referrals must come thru TRIAGE . Phone: 750-2075

4. Outpatient Alcohol Clinic (Bldg. 8) Treatment of outpatient alcoholics only. Phone: 750-2127

5. Substance Abuse Treatment Clinic (SAT) Bldg. 9 Methadone maintenance Polydrug abuse treatment, Cocaine treatment program. Phone: 750-2050

6. Medical Detoxification Unit (Dept. of Medicine) 4 bed inpatient detox unit. Admissions must be referred by emergency room physician, not by TRIAGE.

Who to Contact: Staff

Director: Peter Banys, M.D.

Days and Hours: Monday to Friday, 8:00 am to 4:30 pm
Call for information. Hours depend on patient's program.

Eligibility:

Income and Age:	None
Fees:	None
Area Served:	San Francisco and nearby Bay Area Communities
Other:	Must be veteran of US Armed Forces, no dishonorable discharge.

Foreign Languages:

Public Transportation: #18 Sloat northbound, 38 Geary (Ft. Miley) westbound. Cross streets - Clement & 42nd

Last Update:

SUNSET SENIOR CENTER
3045 Santiago
San Francisco, CA 94116

564-6369

Services & Description:	Senior Lunch and Activity program. Exercise, films, bingo, nutrition and health education, health screening, entertainment, music and outings.
Who to Contact:	Cathy Koger, Site Coordinator
Director:	Cathy Koger
Days and Hours:	Monday to Friday, 10:00 am to 2:00 pm
Eligibility:	
Income and Age:	60+
Fees:	$1.25 suggested donation
Area Served:	Sunset, Richmond, Haight, Parkside
Other:	
Foreign Languages:	Chinese, Russian
Public Transportation:	MUNI: #29, 71, and L-Taraval street car
Funding Sources:	Salvation Army
Other Information:	

SUPPORT SERVICES FOR ELDERS, INC.
1453 Mission Street
San Francisco, CA 94103

552-6776

Services & Description:	Provides full range of protective services from case mangagment to daily money management for those over 60. Designed to fill gaps in existing services without duplication: dedicated to providing least restrictive services possible. Will become conservator of person and/or estate as a last resort, if necessary.
Who to Contact:	Staff
Director:	Jack B. McKay
Days and Hours:	Monday through Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+
Fees:	Fixed fees - limited free service
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish, Italian
Funding Sources:	Client fees, city contracts, corporate and foundation grants.
Other Information:	Clients are referred by member agencies, and membership is open to all agencies serving seniors. Membership requirement is representation on Technical Advisory Committee and one sub-committee.

TELEGRAPH HILL NEIGHBORHOOD ASSOCIATION
660 Lombard Street
San Francisco, CA 94133

421-6443

Services & Description:	Neighborhood Center with medical center, childcare and family pre-school; gymnasium with youth programs & adult lunch program is: Monday to Friday, with programs, social and support services daily.
Who to Contact:	Ms. Hope Halikias, Senior Program Director
Director:	Ms. Denise Hinckle, Executive Director
Days and Hours:	Monday to Friday, 10:00 am to 5:00 pm (Office Hours) Senior's Program - 9:00 am to 2:00 pm or later
Eligibility:	
Income and Age:	60+
Fees:	$1.00 suggested donation for meals
Area Served:	North Beach, Chinatown
Other:	
Foreign Languages:	Chinese, Italian
Public Transportation:	MUNI: #30, 15, 39, & cable cars
Funding Information:	Services for Seniors and private funding.
Other Information:	

TENDERLOIN ELDERFRIENDS
942 Market St #612
San Francisco, CA 94102

989-6097

Services & Description:	Ongoing companionship and assistance with personal needs where appropriate, one on one, by trained volunteers, for seniors who live in the Tenderloin. Some escort services to clinics, etc.
Who to Contact:	Neil Housewright
Director:	Neil Housewright
Days and Hours:	Monday to Friday, 10:00 am to 4:00 pm
Eligibility:	
Income and Age:	No income test; generally 65 and over.
Fees:	None
Area Served:	The Tenderloin only
Other:	
Foreign Languages:	We attempt to provide language volunteers if at all possible.
Public Transportation:	We are at the Powell Street MUNI/BART station.
Funding Sources:	Individuals, foundations, corporations, parent organization in kind contributions from sponsors, VNA, St. Boniface Church, Catholic Charities

THIRTIETH STREET SENIOR SERVICES
Adult Day Health Care & Alzheimer's Program
225 30th Street
San Francisco, CA 94131

285-5615

Services & Description: A bright welcoming setting for people with functional impairments, to obtain therapeutic social and health services. Using a team approach, the program strives to restore and maintain optimal capacity for self-care and to avoid nursing home placement.

Services include: nursing and personal care, rehabilitation, delicious lunches, health and nutrition counseling, and transportation to and from the Center.

Who to Contact: Veronica Rodriguez, MSW

Director: Maxine Mallouf, MSW

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

- Income and Age: Adults 18 and over with functional impairments; frail elderly.
- Fees: MediCal, sliding fee scale for private pay clients.
- Area Served: Mission, Noe, Eureka, Glen Park, Bernal Heights, Potrero and Diamond.
- Other: A beautiful garden, tended by volunteers, is used for outdoor activities.

Foreign Languages: Spanish

Public Transportation: MUNI: J-Street car, #14, 24, 26 buses

Funding Sources: MediCal, private pay, United Way

Other Information:

Day care services for individuals suffering from Alzheimer's Disease or a related dementing illness, and respite for their caregivers. Services include specialized activities in a safe and structured environment. A delicious noon meal is provided to all participants. Transportation is available as needed.

This is an affiliated service of Adult Day Health Care and the Outpatient Rehabilitation Center, both at the same location. Transfering between programs, therefore, is simple and minimally disruptive for the participant

THIRTIETH STREET SENIOR SERVICES
Outpatient Rehabilitation Center
225 30th Street
San Francisco, CA 94131

285-5615

Services & Description: A restorative therapy program offered in a community setting by a team of physical, occupational and speech therapists. Nursing, social services and home evaluation also available. All participants are admitted under their physician's approval and need to show potential to improve if provided with therapy. Stroke rehabilitation a specialty. Limited transportation available.

Who to Contact: Judy La Barca, R.N.

Director: Maxine Mallouf, MSW

Days and Hours: Monday to Friday, 8:30 am to 5:00 pm

Eligibility:

- Income and Age: Adults 16 and over; frail or functionally impaired elderly.
- Fees: MediCare, private insurance
- Area Served: Southern part of San Francisco
- Other:

Foreign Languages: Spanish

Public Transportation: J-Street car, MUNI buses #14, 24, 26

Funding Sources:

Other Information: This is an affiliated service of the new Alzheimer's Program and Adult Day Health Care, both at the same location. Transferring between programs, therefore, is simple and minimally disruptive for the participant.

THIRTIETH STREET SENIOR SERVICES
Senior Center
225 30th Street
San Francisco, CA 94131

285-5615

Services & Description: A lively, welcoming health promotional center for seniors 60 and over, and their spouses. Services include recreation, adult education, and health education programs.

Among activities offered is the Peruvian Weaving Class, a unique program in San Francisco.

Delicious and healthy lunches served at tables decorated with fresh flowers. Sittings at 12 noon and 1:00 pm. ($1.25 donation for seniors 60+ and their spouses)
Non-seniors: $5.00

Who to Contact: Ted Hayward

Director: Valorie Morrison

Days and Hours: Open 365 days a year, 8:30 am to 5:00 pm

Eligibility:

Income and Age: Seniors 60+

Fees: Membership: $12.00/year. Membership confers voting privilege in the Senior Advisory Council, and discounts for trips, dances, concerts and other activities.

Area Served: Mission, Noe, Eureka, Glen Park, Bernal Heights, Potrero and Diamond. (There are no geographic restrictions: any resident of S.F. may attend).

Other:

Foreign Languages: Spanish

Public Transportation: MUNI: J-Street car, #14, 24, 26 buses

Funding Sources: Commission on Aging, private donations, grants, United Way, and membership fees.

Other Information: Many other services are available at this location, including Adult Day Health Care, the Outpatient Rehabilitation Center, and the Alzheimer's Program.

THIRTIETH STREET SENIOR SERVICES
Volunteer Interchange Program ("VIP")
225 30th Street
San Francisco, CA 94131

285-5615

Services & Description:	VIP provides supportive services among seniors and disabled persons through a system of voluntary service exchange. Members assist each other by performing specific tasks which assist people in remaining in their own community and home settings. Each service is awarded with a service credit to be banked and redeemed later, when needed by the volunteer.
Who to Contact:	Patricia Vallejos and Rosa Salazar
Director:	Patricia Vallejos
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	Anyone over 60, regardless of income; disabled people are also eligible
Fees:	None; donations are welcome and may be tax deductable
Area Served:	San Francisco
Other:	This is a new program, offered through the 30th Street Senior Services.
Foreign Languages:	Spanish
Public Transportation:	MUNI: J-Church Street car Buses: #14 Mission, 24 Divisadero, 26 Valencia
Funding Sources:	Grants and Donations
Other Information:	VIP, as part of the 30th Street Senior Services of Pacific Presbyterian Medical Center, offers participants access to a variety of other senior services, including a Senior Center, Adult Day Health Care, Outpatient Rehabilitation, and the Alzheimer's Program

TRAVELER'S AID SOCIETY OF SAN FRANCISCO
38 Mason Street
San Francisco, CA 94102

P.O. Box 230 (Mailing Address)
San Francisco, CA 94101
781-6738

Services & Description: Short-term counseling; crisis intervention; limited financial assistance; help in locating shelter or employment; food and referral to other public or private agencies.

Service limited to 24 direct service contacts per day. When this limit has been reached, office will be closed.

Who to Contact: Social Work Staff

Director: Mr. Richard Park

Days and Hours: Monday to Friday, 9:00 am to 4:00 pm
Closed 12:00 noon to 1:00 pm

Eligibility:

Income and Age: Anyone newly arrived in San Francisco within 45 days.

Fees: None

Area Served: San Francisco

Other:

Foreign Languages:

Public Transportation: MUNI: Market Street buses

Other Information: No access for handicapped except for one flight of stairs. Social workers will give services on main floor entry for those unable to climb stairs. Sign on door indicates this. Client must ring bell and request this on intercom.

UNITED WAY OF THE BAY AREA INFORMATION
REFERRAL SERVICE HELPLINE
1435 Market Street, 4th Floor
San Francisco, CA 94103

772-HELP (4357)
772-4440 (TTY)

554-2446 (Administration
554-2451 (SSRD)

Services & Description: Provides assistance to anyone needing social services or information about community organizations. Referrals are made to private non-profit or public agencies. Follow up calls are made to clients when appropriate. There is no fee for service and all information is confidential. Welcomes information requests from other agencies, doctors, ministers, teachers, social workers, corporations. Provides technical assistance on information and referral (I&R), directory production, training and volunteer recruitment. Publishes the Social Referral Directory for S.F. and is a member of The Bairs Consortium.

Who to Contact: Anyone who answers the phone.

Director: Sidney Pucek (Manager, Information & Referral)

Days and Hours: Monday to Friday, 9:00 am to 4:30 pm
Answering service at other times.

Eligibility:

Income and Age: None

Fees: None

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco and San Mateo County

Other:

Foreign Languages: Spanish

Public Transportation: MUNI: Market Street lines, Van Ness lines, BART Civic Center

Funding Sources: United Way

Other Information:

UNIVERSITY OF THE PACIFIC SCHOOL OF DENTISTRY
2155 Webster Street
San Francisco, CA 94115

929-6501

Services & Description: Dental services for seniors. Comprehensive dental care for senior citizens, including emergency service. Other services include patient screening, the Special Needs Program and Oral Medicine Clinic.

Who to Contact: Staff

Director: Robert Christoffersen, D.D.S.

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm
Monday, 5:30 pm to 8:30 pm

Eligibility:

Income and Age: None

Fees: General fees are 30% to 40% less than practicing dentists in S.F. Senior Citizen discount on dentures and partial dentures. We accept Denti-Cal.

Area Served: Bay Area

Other: Specialists available for consultation.

Foreign Languages: Chinese, Spanish, German, French, Arabic, Greek, Japanese, Italian, Mandarin and Tagalog

Public Transportation: MUNI: #1, 3, 22, 24, 83

Other Information: Emergency times: 9:00 am and 1:00 pm first come first served basis. Special Needs Program provides care to people with disabling conditions such as physical limitations, special medical needs and developmental disabilities. Clinic closes every ten weeks for 3-week examination and vacation period.
Call information number for times clinic closes.

VETERAN'S ADMINISTRATION MEDICAL CENTER
4150 Clement Street
San Francisco, CA 94121

221-4810

Services & Description: Medical services for eligible veterans

Who to Contact: Medical Administration 221-4810 EXT-2015

Director: John W. Ditzler, M.D.

Days and Hours: 24 Hours a day

Eligibility:

Income and Age:

Fees: Depends on category

Area Served: Northern California

Other: Veteran of U.S. Armed Forces

Foreign Languages: Many spoken

Public Transportation: MUNI: #38 Geary Ft. Miley bus

Funding Sources: Federal Budget Allocation

Other Information:

VISITATION VALLEY SENIOR CENTER
66 Raymond Avenue
San Francisco, CA 94134

467-4499

Services & Description: Multi-purpose senior center. Wheelchair accessible. Arts and crafts, Ceramics, Gardening, Bingo, Lunch served 365 days a year, Parties, Meetings, Quilting, Exercise, Theatre Works, Guest speakers, Glee Club, Sewing, Movies, Free and Discount tickets, Blood Pressure checks, Reno trips, Over night trips, Day trips, Food commodities program, Podiatry service.

Who to Contact: Pat Crocker

Director: Pat Crocker

Days and Hours: 365 days a year. 9:00 am to 4:00 pm
Director present Monday to Friday 9:00-5:00

Eligibility:

Income and Age: 60+

Fees: $1.25 Lunch
Membership dues $5.00 yearly

Area Served: Visitation Valley and Portola Valley

Other:

Foreign Languages:

Public Transportation: MUNI: #9, 15, 56 buses

Funding Sources: Commission On The Aging

Other Information:

VISITING NURSES & HOSPICE OF SAN FRANCISCO
401 Duboce Street
San Francisco, CA 94117

861-8705

Services & Description: Home health care by an agency with over 60 years of experience. Services are provided through interdisciplinary teams, consisting of nurses; physical, occupational, and speech therapists, social workers and home health aides.

Specialized Programs Available In:
Hospice Care
IV and Parenteral Nutrition
Skin, wound and ostomy care
Maternal-child care

Who to Contact: Intake and Referral Department

Director:

Days and Hours: Intake and Referral:
Monday to Friday, 8:00 am to 7:00 pm
Visits available daily, depending upon need.

Eligibility:

Income and Age: No limitations

Fees: Insurance, MediCare, MediCal, private pay.

Area Served: San Francisco and Northern San Mateo Counties

Other:

Foreign Languages: Spanish, Tagalog, Chinese, (major dialects), and other languages.

Public Transportation: Not applicable: All services are provided at the home.

Funding Sources: Third party reimbursement, United Way, other donations.

Other Information: Please see: Coming Home Hospice, for people interested in hospice care. Volunteers welcome. Please ask for the Volunteer Coordinator.

Information and referral to other senior and home-oriented programs.

Donations are always needed and appreciated. Please call 285-5615 and ask for Fund Development.

VOLUNTEER PROGRAM
San Francisco General Hospital
1001 Potrero Avenue
San Francisco, CA 94110

821-8193

Services & Description: Variety of volunteer opportunities: Working in gift shop, at information desk, distributing clothing to patients, doing clerical work. Whatever is needed.

Who to Contact: Summer Tips

Director: Phyllis Cardoza

Days and Hours: Depends upon assignment

Eligibility:

Income and Age: Anyone interested and able is welcome

Fees:

Area Served: San Francisco General Hospital

Other: None

Foreign Languages: Spanish

Public Transportation: MUNI: #9, 33, 47, 48 buses to 22nd and Potrero Ave.

Other Information:

WESTERN ADDITION SENIOR CENTER
1390 1/2 Turk Street
San Francisco, CA 94115

921-7805

Services & Description:	Lunches served daily 11:30 am to 2:00 pm Recreational activities
Who to Contact:	Ms. Dorothy Kerr
Director:	Mr. Frederick D. Hubbard
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+
Fees:	Suggested donation, $1.00
Area Served:	Primarily Western Addition, but any senior may have lunch at our center.
Other:	
Foreign Languages:	
Public Transportation:	MUNI: #5, 22, 31 buses
Funding Sources:	C.O.A.
Other Information:	Weekends and holidays 11:30 am to 2:00 pm El Bethal Arms 1234 McAllister Street Homebound Meals for Western Addition

WOMAN, INC.
2940 16th Street
San Francisco, CA 94110

864-4722 (24 hour hotline)

Services & Description: WOMAN, INC. provides services and support to battered women through a 24 hour crisis line, individual counseling, support groups, temporary restraining order, clinics, referrals to shelters, information about legal rights and community education.

Who to Contact: Call hotline for counseling services and referrals.

Director: Co-Directors: Rachel Iskow & Liz Naidoff

Days and Hours: Office open Monday through Friday
9:00 am to 6:00 pm
Please call for drop-in hours

Eligibility:

Income and Age: No restrictions

Fees: Free. Donations requested on a sliding scale schedule.

Area Served: All areas.

Other: Legal clinics for restraining orders limited to San Francisco residents; will refer for residents of other counties.

Foreign Languages: Spanish

Public Transportation: MUNI & BART easy access

Funding Sources: S.F. Commission on the Status of Women, Foundations, Individuals.

Other Information: Wheelchair accessible. Will come out to speak to senior groups on domestic violence issues.

WOOLF HOUSE
801 Howard Street
San Francisco, CA 94103

495-0837

Services & Description:	Hot nutritious senior lunch served Monday through Friday at 11:30 am. Support services include trips, movies, recreational events, etc.
Who to Contact:	Site Manager
Director:	Willie Abasta
Days and Hours:	Monday to Friday, 8:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+
Fees:	$1.25 donation for lunch
Area Served:	South of Market, all welcome.
Other:	
Foreign Languages:	Mandarin, Cantonese
Public Transportation:	MUNI: #30 Stockton bus
Other Information:	
Last Up-date:	5/87

Y.M.C.A. - CENTRAL BRANCH
220 Golden Gate Ave
San Francisco, CA 94102

885-0460 Ext. 281

Services & Description:	Drop-in lounge; I&R services; activities, including weekly/day outings, one overnight trip monthly, two evening outings monthly, fitness class three times a week, swimming three days a week, day camp and residence camp program, Christmas camp, photo group, other special interest classes, community rooftop garden.
Who to Contact:	Eve Holsinger
Director:	Eve Holsinger
Days and Hours:	Monday to Friday, 9:00 am to 4:00 pm Occasional Saturday or Sunday excursions
Eligibility:	
Income and Age:	People 60+ years old
Fees:	None
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish
Public Transportation:	MUNI: #5, 19
Funding Sources:	YMCA; Commission on Aging
Other Information:	

Y.M.C.A. MISSION BRANCH
4080 Mission Street
San Francisco, CA 94112

586-3030 Seniors
586-6900 Main Office

Services & Description:	Full range of recreational & educational programs, classes, fitness for older adults, day and overnight trip program, daily hot lunch, counseling information and referral.
Who to Contact:	Robin Fogel/Lolita Ramos
Director:	Robin Fogel
Days and Hours:	Monday to Friday, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+
Fees:	$15.00 annual membership (optional) small fees for trips
Area Served:	San Francisco
Other:	
Foreign Languages:	Spanish & Tagalog
Public Transportation:	MUNI: #14, 44, 49, BART - Glen Park Sta.
Funding Sources:	C.O.A., United Way, YMCA
Other Information:	Easy Access for handicapped

Y.M.C.A. RICHMOND DISTRICT
360 18th Avenue
San Francisco, CA 94121

668-2060

Services & Description: Day and overnight trips; Weekly food bank (wed) (4 days a week) beginning and intermediate fitness classes; daily drop-in center; bingo every Thursday and Saturday; Mahjongg instruction, Tai Chi, Stitchery - Tuesday; Arts & Crafts on Thursday; Parties last Friday of month; Walking programs - Volunteer opportunities.

Who to Contact: Staff

Director: Sandra Fanucchi

Days and Hours: Monday to Friday, 9:00 am to 6:00 pm
Saturday, 12:00 noon to 4:00 pm

Eligibility:

Income and Age: 55+

Fees: Vary with activity

Area Served: San Francisco, mainly Richmond district

Foreign Languages: Chinese, Japanese, Russian

Public Transportation: MUNI: #1, 2, 28, 38

Funding Sources: Commission on Aging

Other Information:

Y.M.C.A. STONESTOWN
333 Eucalyptus Drive
San Francisco, CA 94132

759-9622

Services & Description: Drop-in center offering information and referral; 35 weekly recreational and cultural activities.
Social services include health screening, and consultations, food mini-mart and bi-monthly blood pressure check-ups. Hot lunches served Monday to Friday at 12:00 noon for $1.25 donation.

Who to Contact: Jeff McMoyler

Director: Above

Days and Hours: Monday to Friday, 9:00 am to 5:00 pm

Eligibility:

Income and Age: 60+

Fees: None
Senior Center Membership (optional $25.00 year)

Area Served: OMI, Sunset, Park Merced, Stonestown

Other:

Foreign Languages:

Public Transportation: MUNI: #17, 28, 72
Street Cars: K & M
SamTrans

Other Information: Heated Swimming Pool, Jacuzzi, Spa, Sauna & Fitness Center, Health screening and Podiatry clinic, Day and overnight trips, 2-3 trips per month. Adapted exercise for handicapped and post-stroke people. Lip-reading class, special holiday parties.

Last Update: 5/87

Y.W.C.A. CHINATOWN BRANCH
965 Clay Street
San Francisco, CA 94108

397-6883

Services & Description: Connected with senior housing at 940 Powell. Tutorial service for children. Also language courses in English for newcomers, both evening and daytime. Chinese cultural programs. Senior programs, such as exercise, cooking, dancing, flower arrangement, etc.

Who to Contact: Staff

Director: Ms. Teresa Wu

Days and Hours: Monday to Friday: 9:00 am to 8:00 pm
Saturday: 9:00 am to 4:00 pm

Eligibility:

Income and Age: No limits

Fees: Varies; limited scholarship for low income people

Area Served: San Francisco

Other:

Foreign Languages: Chinese

Public Transportation: MUNI: #1 California, 15 Kearny, 30 Stockton, Cable Car

Funding Sources:

Other Information: Volunteers are needed to help newcomers in English teaching.

Y.W.C.A. SENIOR CENTER
620 Sutter Street
San Francisco, Ca 94102

775-6504

Services & Description:	Information and referral, counseling, supportive services, activities, and educational opportunities. Daily Meal Site for seniors including Saturday and Sunday.
Who to Contact:	Senior Center Staff
Director:	Sister M. Bernard Joseph, P.B.V.M.
Days and Hours:	Daily, 9:00 am to 5:00 pm
Eligibility:	
Income and Age:	60+
Fees:	Vary
Area Served:	San Francisco
Other:	
Foreign Languages:	Tagalog
Public Transportation:	MUNI: #2, 3, 4, and 45
Funding Sources:	San Francisco Commission on the Aging, YWCA of San Francisco, and the United Way
Other Information:	Senior Muni Passes are available each month. Ballroom Dancing on Sundays 2:00 - 4:00 pm and the 4th Wednesday 1:45-3:45 pm. Tuesday Night Dance Club 7:00-8:00 pm Health Screening/Blood Pressure on 1st Thursday of the month. 9:30 -11:30 am. Free Haircuts - 3rd Thursday of the month 11:00-12:00 noon Stretch and Toning Classes, Monday & Wednesday 10:15-10:45 am.

YOUTH ASSISTANCE ASSOCIATION
25 14th Street
San Francisco, CA 94103

431-3389

Services & Description:	Free automotive preventive maintenance services, including oil changes, chassis lubrication packing-wheel bearings, automatic transmission draining, shock absorber replacement, tire mounting and repair, wheel balancing, etc.
Who to Contact:	Fred Hansen/Gary Fong
Director:	Mr. Frederick Hansen
Days and Hours:	Monday to Friday, 8:00 am to 4:30 pm
Eligibility:	
Income and Age:	Senior citizens and handicapped
Fees:	None, but must provide own materials
Area Served:	San Francisco and Peninsula
Other:	
Foreign Languages:	Tagalog & Cantonese
Public Transportation;	
Other Information:	Clients needed
Funding Sources;	Miranda Lux Foundation, P.I.C.